

FIVE ROSES' NEW RANGE OF GREEN TEAS DOESN'T COMPROMISE ON TASTE AND HAS ALL THE HEALTH PROPERTIES THAT MAKE GREEN TEA SO POPULAR. IT COMES IN A RANGE OF DELICIOUS FLAVOURS AND FITS PERFECTLY WITH YOUR HEALTHY LIFESTYLE

reen tea has been cultivated in the East for centuries. Its many health properties and unique taste have made it a vital part of everyday life. Having grown in popularity in SA over the years, Five Roses celebrates this greater awareness of wellbeing with a delicious new range.

The bio-active compounds and polyphenols found in green tea work to boost your metabolic rate and body functions, which is why you should be drinking it on a daily basis. Not only that, green tea also protects your cells from free-radical damage and will leave you feeling lighter and healthier within weeks. Therefore, there is no doubt that it is the perfect addition to an improved lifestyle.

The new Five Roses Green Tea range not only offers something for everyone, but is also very versatile: you can enjoy it both hot or cold! For a refreshing and tasty iced tea, just add ice and a few fruit slices. Sip on it for breakfast as a healthy start to the day, serve it at a high tea or make a pot after dinner as a digestif. And don't be shy to use it in your dessert recipes for added natural flavour. This is why we love the range so much.

bring you a delicate, golden green tea, as pure as Mother Nature intended.



GREEN TEA FLAVOURED WITH APPLE & PEAR

For a burst of naturally sweet flavour, try Five Roses Green Tea, flavoured with the crisp taste of apples and naturally sweet pears. This aromatic blend makes a great alternative to sweetened fruit juices or carbonated

soft drinks. It's perfect for a high-tea get-together or tea party. Enjoy it hot or cold and add a cinnamon stick for a refreshing summer drink.





GREEN TEA FLAVOURED WITH LEMON & LIME

Make your own home-made lemonade using Five Roses Green Tea that is flavoured with lemon and lime. It's not as sweet as store-brought lemonade and doesn't contain any additives, yet has all of the zesty flavour and reinvigorating properties of green tea. This tea will revitalise you after a long day at work or a gym workout. A few sprigs of mint will accentuate the citrus notes. Enjoy it on a summer's day on your patio or at a picnic.



GREEN TEA FLAVOURED WITH MINT

Add a cup of Five Roses mint-flavoured green tea to your end-of-day routine.

Not only will it help you wind down, but its delicate aroma will also have a calming effect. Sit back and relax with this healthy, tasty and refreshing tea that will have you feeling revitalised

and re-energised.



The bio-active compounds in green tea work to boost your metabolic rate and body functions, which is why you should be drinking it on a daily basis.

STAND A CHANCE TO WIN ONE OF TWO YUPPIECHEF VOUCHERS, WORTH R1 500 EACH! VISIT FOODANDHOME.CO.ZA AND ENTER ON THE COMPETITIONS PAGE BEFORE 31 OCTOBER. CHECK OUT THE F&HE FACEBOOK PAGE (@FOODANDHOMEENTERTAININGMAGAZINESA) AND TWITTER PROFILE (@FHEMAG) FOR MORE CHANCES TO WIN.

FOR MORE INFORMATION ON FIVE ROSES, VISIT FACEBOOK.COM/FIVEROSESTEASA

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Subscribe or renew you subscription and get 35% off F&HE, plus five lucky subscribers will win a Philips Viva Collection Airfryer, worth R2 999



ON THE COVER

Wicked toffee-apple cake with caramel peanut-brittle buttercream and snow-white apples

Recipe, styling and photographs by KATELYN WILLIAMS Illustrations by SARAH-JANE WILLIAMS

FOOD& HOME

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ur contributors





Gareth Wainwright

Beverage director at The Landmark

I have been bartending since I left the National School of the Arts with a music qualification. I loved the interaction and. later, the creativity. My attitude to cocktails is inspired by the boom of celebrity chefs: the best ingredients, proper technique and a determined attitude to service. Now the proud owner of The Landmark cocktail bar (page 66), in association with Café del Sol Botanico in Brvanston (page 84), I can bring my experiences to the people.



Ishay Govender-Ypma

Freelance travel- and food journalist

I abandoned a career in commercial law in the pursuit of cultural immersion and air miles! Selected as the 2014 Mail & Guardian top young South African for my contributions to media, I wander the earth tirelessly, gathering stories. ingredients and books. In the case of the ingredients, I use them liberally in exotic dishes to feed friends - as I thrill them with tales of desert-, mountain- and urban explorations.



Andrea Abbott

Freelance journalist and children's book author

I have been writing professionally since 2000, when I began authoring children's books. Currently, I write for a number of magazines on topics ranging from biodiversity and wilderness to astronomy, travel and food. Because I'm interested in almost everything, I'll never be an expert on anything! But a recurring theme in my work is sustainable living, which fits in with Jo Spilsbury's compassionate farming methods (page 48).

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SUNSHINE ON A PLATE

hat would the world be without bread and eggs? They're two of the mostforgotten items on grocery lists, yet two of the best of life's simple pleasures. Just the thought of never having experienced the comfort and joy of dipping warm toast soldiers into the sunny well of a soft-boiled egg makes me sadder than a Banter in a doughnut factory... Of course, you could argue that one can't miss something one has never known, but that's like telling a child not to have an imagination! My Libran scales could go up and down all day weighing up such debates, but what's the point when they're pure hypotheses? Let's get to celebrating the fact that breakfasts and so much more, the world over, have and will always be graced by these two humble yet hugely gratifying ingredients...

In paying tribute to 'the staff of life' this World Bread Day on 16 October, we visited Hein Van de Geyn at his Cape Point Bakery in Scarborough, where he shares the story of this family-run business and some of his best-loved bread recipes on page 22.

And talk about having something to cluck about on World Egg Day on 9 October! You'll just love the story of Jo Spilsbury's 'Kuku Gandas' (chicken tractors) on her farm in the Drakensberg. Read all about this on page 48, followed by some down-

to-earth, delicious egg dishes from Oaklands Country Manor.

If these don't put the sunshine on your plate, perhaps you're in the mood

for a little spooking instead? Even if Halloween is not up your (dark) alley, I defy you not to be won over by Katelyn and Sarah-Jane Williams' Halloween feast. Turn to page 57 for an eyeful of why we call this talented pair of sisters 'the dream team'.

Of course, October is also all about the joys of summer – if there's one place in the world that collectively celebrates this in abundance, it's the Mediterranean... from page 89 onwards, the heady delights of Sicily, Cyprus and Santorini will have you longing for sun-dappled cobbled streets and whitewashed villas with bougainvillea bursting from the walls in a glorious fuchsia eruption.

While you've been reading this, if you haven't poured yourself a glass of wine yet, it must be because there's none in the house – and we can fix that! It's with delight that we launch F&HE's first-ever Wine Club in this issue in partnership with CyberCellar, a leading online wine shop that stocks thousands of choice SA- and imported varietals. Turn to page 8 to see why being a part of this fantastic new offering is brimming with benefits, not to mention the liquid assets delivered directly to your door.

On that note, let's raise a glass to celebrating the simple things in life, like remembering to buy bread and eggs. Cheers!

My latest obsession

At the risk of incurring the wrath of Italian mozzarella maestros, I have to say Buffalo Ridge's locally produced buffalo mozzarella is the finest I have tasted. Located just outside Wellington in the Western Cape, Buffalo Ridge is SA's only water-buffalo dairy and the only local producer of buffalo mozzarella. With the creamiest texture set off by a delicate yet distinct tang, it has to be one of SA's most boast-worthy products – so much so, I think it's sacrilege to put it in a Caprese salad! Savoured on its own (with a light lashing of extra virgin olive oil over it at the most), it's pure bliss. Visit buffaloridge.co.za for more info and a directory of Western Cape, KZN and Joburg stockists.





Ed's photograph by Dylan Swart



Not for Sale to Persons Under the Age of 18.

Dear Food & Homer Time travel

What an amazing evening spent at the F&HE Food Meander in July! It brought back wonderful memories of travelling suppers, which we enjoyed in our youth - visiting friends' parents' homes for starters, mains and dessert. We have two small children and seldom get out in the evenings to experience restaurants, as it is difficult to juggle family responsibilities and organise babysitters at this phase in our young family life. It was an absolute treat and rare chance to experience three outstanding restaurants in just one evening.

The meals were scrumptious and

we were able to eat food and drink wine that we probably wouldn't ordinarily choose.

> We enjoyed first-class entertainment, met new people and were thoroughly spoilt with our goodie bags. Thank you for organising such a lovely evening.

Kim Dixon, Edenvale

Folder of favourites

Thank you for sharing the recipes from Chardonnay Deli farm stall in your August issue. It seems that you have taken all of my favourite recipes and put them in one place, so that I can have a marathon cook-in! I love the fact that the dishes were simple, wholesome and really effortless to prepare. I had never put almond essence in my banana loaf before and, I have to say, it was magic. In fact, it disappeared right before my eyes, still warm from the oven my family devoured it! I know I will be using these versions of my family's favourites for a long time to come.

Sue Gaskin, PE





TO DOWNLOAD THE LATEST ISSUE OF F&HE ONTO YOUR TABLET OR PC. VISIT FOODANDHOME. CO.ZA/SUBSCRIBE **DIGITAL.ASPX AND SUBSCRIBE TO 12 ISSUES FOR R161,90 -JUST R13,49 AN ISSUE. WHAT A BARGAIN!**

Remember to sign up for our newsletter at foodandhome.co.za. Packed with juicy news from our latest issue and divine giveaway goodies, it's the perfect pick-me-up!

Next month's winning letter will receive this pocketable PowerShot S200 from Canon, worth R3 399. The PowerShot S200 delivers stunning image quality and easy access to manual settings in a modern, pocketable design - with a host of creative features for those seeking their next step in photography. Combining an ultra-wide angle bright

f/2.0 lens, a higher-sensitivity 10.1 Megapixel CCD sensor and a PureColor II G screen with temperedglass layer, the PowerShot S200 lets you capture the



moments meant to last a lifetime and relive the experiences again and again with high-quality images. Share your favourite shots on social networks with its integrated Wi-Fi or conveniently back up your images to cloud services, including Flickr and Google Drive™.

Write to F&HE and share your food experiences. Email foodhome@caxton.co.za. F&HE reserves the right to edit letters and award prizes based on merit.



Swept away

Wow, oh wow! I bought my copy of the September issue yesterday. I have all the copies dating back years – cupboards full of them – but this year's September issue is by far and away the best and most exciting out of all the past ones. Well done, F&HE.



The cover recipe of farmed kabeljou with guava achar and ciabatta toasts was delicious. I replaced the kabeljou with grilled mackerel fillets and it was great. I could go on and on but, suffice to say, thank you for an incredible issue!

Ken Goldstone, Pinetown

WINNING LETTER

WHAT WE'RE LOVING ON Instagram

WE SPIED ON THREE HEALTH-CONSCIOUS INSTAGRAMMERS WHO ARE PUTTING A STYLISH SPIN ON EVERYTHING WE LOVE MOST THIS SUMMER

@funkyforestfood



Putting the 'funk' back into food in a healthy way, @funkyforestfood is an inspiring feed for anyone looking to shake up their eating lifestyle. One hundred per cent vegan and bodaciously creative (we're talking vegan sushi with sweet potato, walnuts, rocket, avo and kiwifruit).

@topwithcinnamon



'Sophisticated, stunning and simply enchanting' are the perfect words to describe @topwithcinnamon's Instagram feed. Clearly a lover of all things food, Izy Hossack – the chef and creator behind it all – presents images portraying her life in the kitchen and the drool-factor dishes she whips up.

@good_eggs



On 9 October we celebrate World Egg Day, so it would be remiss to not include at least one great egg-focused feed. @good_eggs features the produce from an organic farm that sells its goods online, and the delicious meals they create with them. Check it out – it's egg-citing eye candy.



rebaston

FINLAYSO

Tierhoek

2012

RICHESSE

Cheers!

CHARGE YOUR GLASS AND TOAST TO THE ALL-NEW FOOD & HOME **ENTERTAINING WINE CLUB**

Le Riche Richesse 2012;

Vondeling Erica Shiraz 2011;

Iona Mr. P Pinor Noir 2014;

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Graeme Wyllie. Styling by Claire Ferrandi

Food & Home Entertaining is giving you the chance to enjoy a hand-chosen variety of wines each month. Choose from a red, white or mixed selection, which will be delivered to your door. Best of all, each box comes with the latest issue of Food & Home Entertaining so your wines are always guaranteed to be paired with delicious recipes.

Join the F&HE Wine Club this month and receive a FREE gift worth R120! Turn to page 29 for details.

MIXED

Tierhoek Grenache 2012;

Le Riche Richesse 2012;

Vondeling Erica Shiraz 2011;

Miles Mossop The Introduction Chenin Blanc 2013:

De Wetshof Bon Vallon Chardonnay 2014;

Black Oystercatcher White Pearl 2013







Wicked toffee-apple cake with caramel peanut-brittle buttercream and snow-white apples

Serves 8 – 10 A LITTLE EFFORT

1 hr 30 mins + cooling time

THE FLAVOUR COMBINATIONS TOFFEE-APPLE CAKE

210g butter, softened
270g demerara sugar
3 eggs
5ml (1 tsp) vanilla extract
200g self-raising flour, sifted
2,5ml (½ tsp) bicarbonate of soda
15ml (1 tbsp) cinnamon
2,5ml (½ tsp) nutmeg
80ml (½ cup) milk
145g Golden Delicious apples,
finely grated and squeezed well
75g flaked almonds, toasted

PEANUT-BRITTLE BUTTERCREAM

240g sugar 250ml (1 cup) water 375ml (1½ cups) fresh cream 250g butter, softened

SNOW-WHITE APPLES

8 wooden skewers/clean sticks 8 small lunch-box apples 200g white chocolate, chopped

peanut brittle, crushed, to serve

HOW TO DO IT

- 1 Preheat the oven to 180°C and grease and line three 20cm sandwich cake tins.
- 2 For the cake, cream the 210g butter and the demerara sugar together until very light and fluffy, 8 10 minutes. Add the eggs, one at a time, beating well in between each addition. Beat in the vanilla extract.
- 3 Combine the flour, bicarbonate of soda and spices and stir into the cake batter, alternating with the milk. Stir in the squeezed apple and almonds. Divide the batter among the 3 tins and bake in the oven until a skewer inserted into the centre of each cake comes out clean, about 40 minutes.
- 4 For the buttercream, place the sugar and water in a saucepan and heat gently until the sugar has dissolved. Bring to a boil and allow to simmer, without stirring, until the mixture begins to caramelise. Once the syrup reaches a dark toffee colour (137°C on a sugar thermometer), remove from the heat and carefully pour in the cream (the mixture will bubble up furiously). Swirl to combine. Allow to cool completely before halving the toffee sauce.

- 5 Remove the cakes from the oven and allow to cool completely before taking out of the tins.
- 6 Returning to the buttercream, cream the 250g butter until very white and fluffy, 8 10 minutes, then add one half of the toffee sauce and whip to combine. The buttercream should be very light and fluffy.
- 7 To assemble, sandwich the cake layers together with the buttercream, sprinkling a little peanut brittle in between each layer. Cover the top and sides with the remaining buttercream. Decorate one half of the cake with the remaining peanut brittle.
- 8 For the apples, insert the sticks into the apples then set aside.
- 9 Melt the white chocolate gently over a double boiler then dip each apple into the chocolate. Allow to drip thoroughly before placing on a lined baking sheet to set completely.
- 10 Place the apples on top of the cake then drizzle with the remaining half of the toffee sauce to serve.

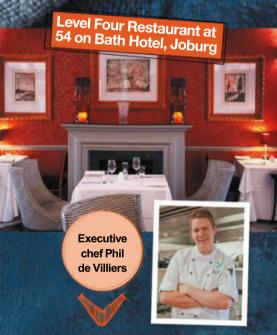
TURN THE PAGE TO DISCOVER WHERE YOU CAN EAT OUR COVER DISH THIS MONTH



Complete your boo-tiful banquet by turning to page 57 for the rest of our Halloween feature.



DIVE INTO OUR WICKED TOFFEE-APPLE CAKE WITH CARAMEL PEANUT-BRITTLE BUTTERCREAM AND SNOW-WHITE APPLES AT ANY OF THESE THREE VENUES



At Level Four Restaurant, executive chef Phil de Villiers injects his bold signature style into every delicious dish. Patrons can enjoy breakfast, lunch and dinner and can even use the venue for celebratory lunches and business meetings! Level Four Restaurant offers classic gastronomy with contemporary influences. Wine, cocktails and Champagne are also on offer at their sophisticated bar, which overlooks a gorgeous terrace garden. **BOOKINGS:** 011-344-8500;

tsogosun.com

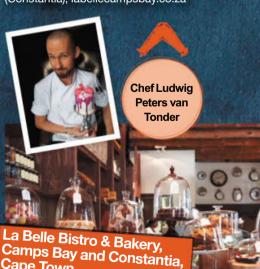
Set in the heart of the exquisite KwaZulu-Natal Midlands, Skye Bistro Restaurant boasts fine dining and beautiful views. Farm-style breakfasts, café-style lunches and divine dinners are all on offer. Enjoy log-burning fires in winter and a beautiful veranda to watch the sunset from in summer. Skye Bistro can also cater for the more health-conscious (fresh, mostly local produce is used) as well as those with a sweet tooth!

BOOKINGS:

O33-266-6217;
fordoun.com

Chef
Lorenzo
Gilliomee

Skye Bistro Restaurant at Fordoun Hotel & Spa, KZN Midlands La Belle Bistro & Bakery will tease and entice you with an array of food options. Think gourmet burgers, tasty quiches, cupcakes and freshly squeezed fruit juice from the orchards! Enjoy the dappled sunlight streaming through the oaks of Constantia, or overlook the Atlantic Ocean in Camps Bay. La Belle should be your any-time, any-day favourite spot. The choice is yours! La Belle Mouille Point coming soon. **BOOKINGS:** 021-437-1278 (Camps Bay) or 021-795-6336 (Constantia); labellecampsbay.co.za



Our October cover dish will be served at the above restaurants from Monday 14 September – Monday 12 October 2015.

Props courtesy of The Light Shed and stylist's own. See stockists' directory on page 127 for details.





Vegetable yoghurts

Gone are the days of packed-with-sugar commercially produced yoghurts being our only option! The latest trend in health food, and taking America by storm, is ready-made veggie yoghurts. These yoghurts are vibrantly coloured with an unexpected, utterly delicious flavour. Of course, they are packed with nutrients too. The ready-made version isn't available in South Africa yet, but we think it's much more fun to make your own veggie yoghurts at home...

To start, choose your veggie combination. We've found that root vegetables and squash are the most delicious options to use. Our favourite flavours are carrot and ginger, beetroot, sweet potato and cinnamon, parsnip and honey and butternut sprinkled with toasted pumpkin seeds.

Begin by boiling a handful of peeled and chopped veg of your choice until tender. Drain the veg and add to a blender with 45ml (3 tbsp) full-cream plain yoghurt. Blend until smooth then swirl the puréed vegetable mixture into 125g (½ cup) full-cream plain yoghurt. To serve, sprinkle with your desired spice, toasted seeds or nuts and a drizzle of honey (or any combination thereof)!



from Decorland are made from a durable thermal-coated blockout fabric that is highly effective for heat control, preventing heat loss in winter and reflecting the sun in summer. The Blockout Thermo Roller Blinds are ideal for room darkening and are suitable to use in humid areas.

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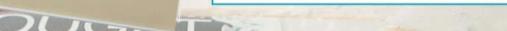
SALTED CARAMEL **NOUGAT**

follows swiftly in the footsteps of the very popular nutty nougats. Expect white, pillowy, yet slightly chewy nougat – but, this time, without the nuts (for those who are allergic). Instead, the secret Sweet Temptations caramel is perfectly balanced with high-quality Mediterranean sea salt flakes to give you a slightly surprising, yet exquisite mouth-feel.

Make sure to also taste the Turkish Delight Nougat (no nuts) or the nutty range, which reminds one of toronne (the Italian version of nougat) and is available in five flavours: Almond & Honey, Almond & Apricot, Almond & Pineapple, Almond & Lime and Almond & Cranberry.

The new Sweet Temptations Nougat is available in sumptuous logs at a recommended retail price of R24 for big logs, R12,50 for small logs as well as bite-sized treats for R4,50.

Available at independent SPAR stores and delis countrywide; toffees.co.za



SALTED CARAMEL FLAVOUR

SALTED CARAMEL FLAVOUR







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TO ENTER

Email foodhome@caxton.co.za with 'KitchenAid' in the subject line by 31 October. Please include your name, surname, contact details, address and ID number.





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BLOGGER OF THE MONTH the sugarhit.com



SARAH COTES, CREATOR AND BLOGGER OF THE SUGAR HIT!, HOLDS NOTHING BACK WHEN GETTING DOWN AND DELICIOUS IN THE KITCHEN. IF FOOD IS YOUR THING, THEN SARAH'S REPERTOIRE OF WACKY RECIPES ARE SURE TO SATISFY YOUR PALATE.

I'm a self-taught cook and baker.

My interest in food is born out of being hungry, and never wanting to waste a good eating opportunity! I've always been obsessed with food in movies and literature (my favourite picture book as a child was about a war between two pizzerias) and I just love to eat. I am also a freelance food stylist, photographer and writer. Of the three, writing is the one I enjoy the most, though that could change before I've even finished this sentence. For pure pleasure, I am a huge music lover. Right now, I'm listening to David Bowie, The Arctic Monkeys, The Rolling Stones and the late Amy Winehouse. I'm also a huge comedy fan -I'm completely in love with Amy Poehler and Tina Fey, as well as Amy Schumer. I try to bring a spirit of uniqueness, fun and energy to my food, which I think is visible in the design of my blog. Life is too short to be serious, so I don't

mind trying things like stuffing

a brownie inside a cinnamon bun just to see what will happen!

I don't know about the best joke I've heard... but the most hilarious line I've heard this year is from *They Live* (1988), which stars the late professional wrestler, Rowdy Roddy Piper. He apparently ad-libbed the line, "I have come here to chew bubblegum and kick ass... and I'm all out of bubblegum." Genius.

The weirdest dish I've ever made was a delicious batch of Vegemite alfajores.

Alfajores are a South American cookie – buttery shortbread rounds filled with dulce de leche. The bitterness of Vegemite mixed with the sweet caramel filling was so good. The inspiration for that, and for pretty much all of my cooking, is a desire to have fun and make something delicious and high octane!

The Sugar Hit! cookbook, published by Hardie Grant, is jam-packed with all the fun and deliciousness and insanity I could muster up, and I'm incredibly proud of it.

Dates for the diary...

11 October. SPAR Women's Race. Celebrate the warm weather with other energetic and wonderful women on a 5km fun run or the 10km road race starting from The Wanderers Club in Illovo. What's more, you can revel in fabulous food stalls and fun family entertainment. entrytime.com/SparJHB; sparjoburg@entrytime.com

25 October. The 10th annual Avon Justine iThemba Walkathon. Bring the whole family, don your pinks and come and walk with Avon Justine. You'll be helping them in their efforts to save more lives through awareness of and education about breast cancer. Tickets cost R100 for adults and R75 for children under 12. ithembawalkathon.co.za

31 October. Gals Day Out with Essentials magazine. Enjoy talks on fashion, beauty, decor and The Princess Project while sipping bubbly and getting your nails done. Bring your girlfriends, mother, daughter or sister and have a ball! Tickets cost R150 and include a goodie bag, wine, juice and snacks. caxtonevents.co.za



We're sweet on the amazing new range of Natura sugars, which boasts everything from Dark Demerara (available in a 500g bag) to Demerara Icing Sugar (available in a 250g bag for a recommended retail price of R22). Recommended retail prices range from R30 - R38 for a 500g bag. Available at Checkers nationwide and select SPAR stores; naturasugars.co.za



RANGE OF KETTLES AND

TOASTERS CAPTURES SLEEK

STYLE AND CREATIVE PRODUCT

DESIGN FOR A LOOK

A 20TH-CENTURY ITALIAN

The Scultura collection comes in four colour options. The kettle is available for a recommended retail price of R1 499 at DionWired and @home stores; delonghi.com

BLUE DIAMOND ALMONDS ALMOND BREEZE IS MILK MADE FROM ALMONDS AND IS A FANTASTIC

ALTERNATIVE TO DAIRY PRODUCTS.



What's more, it is also a low-calorie option and can be used in coffee, baking, cereal and smoothies. Available at major retailers for a recommended retail price of R34,94 for 1L; almondbreeze.co.za

S originalcocktails.co.za



Shake Breeze Squeeze





EATOUT

PE: FRATELLI FOODS

The deli revival has not skipped Port Elizabeth and, in some respects, it's not surprising that delis are finding their home in nodes of urban regeneration or emerging market hotspots. Enter Fratelli Foods, the Italian deli and coffee bar that has been drawing ladies who lunch - and many more - down to the lively Baakens Valley. In an upgraded old valley warehouse, Fratelli Foods has found a comfy corner to dish out its tasty Mediterranean fare. It has all the makings of the old world: classic kitchen machinery, a deli bar, exposed brick and cables, active working stages, and shelves stacked to the rafters with an alchemist's dream of Italian ingredients. Whether you're shopping or eating, life is easy here. The ambiance is a drawcard in itself, but the centre of this little world is its hearth, and there are no holds barred - the menu is dynamic and seasonal, each meal conjures up the best of Italian-deli dining. Its famed favourite among lunching ladies remains the chicken salad which, scattered with butternut, red kidney beans and walnuts, is a bit more than your regular Madonna and Child. The coffee is great too - true, dark Italian blends that end too quickly, but are full of la dolce vita. Once a month, the Valley Market is hosted under the cliff face in the bigger part of the warehouse; and it's this day that Fratelli Foods gets to shine, showing off its easycome-easy-go approach to preparing and eating good food. It's worth every mouthful. Alabaster Road, Baakens Valley; 082 877 6411; fratellifoods.co.za. By Amy Shelver



CAPE TOWN: THE EATERY WOOD FIRED GRILL

A restaurant offering a lip-smacking selection of starters, like The Eatery Wood Fired Grill in Wynberg, always poses the 'Will-I-spoil-my-mains?' dilemma. My advice is to go very hungry and pace yourself, because the delicately crisp Ma se bobotie rolls will tempt you, as will the aptly named piggy poppers - streaky bacon-wrapped, mozzarella-stuffed jalapeño peppers served with a sweet cranberry dipping sauce. The stars of the show, however, are the BBQ-grilled mains. Whether it's the dry-rubbed pork-belly ribs or the Argentinean a 300g sirloin blanketed in chimichurri sauce – every dish packs a flavour punch. "We don't do gas grills or store-bought basting sauces," says owner, Deon Pedersen. "Our focus is on quality ingredients and the delicious smokiness achieved when cooking on a wood fire." A BYOB no-corkage policy means there's no messing about choosing your tipple, unless, of course, one of the gourmet milkshakes has caught your eye. There is a sister act in Claremont. Both branches offer excellent Monday- and Tuesday-

night specials. 70 Constantia Road, Wynberg; 021-762-2624; eaterywoodfiredgrill.co.za. *By Natalie Boruvka*



JOBURG: MILK BAR

We've found the little spot that'll your heart. An awesome and much-needed addition to the trendy Kramerville area, Milk Bar is an eclectic mixture of music, people, decor and delicious eats. The food is simple and fresh and, although the menu is short, it perfectly satisfies any hungry stomach. Salad jars complement toasted sandwiches, pot pies or gourmet boerie rolls, and sensational soups (not the puréed kind, but the one with chunks of flavoursome veg in it) will warm from the inside out. This rustic café has not held back when it comes to decor - with wall-planters, photographic African portraits, mismatched furniture and more, this inside-outside café is sure to receive heavy foot traffic any time or day of the week! Plus, it would be remiss of us not to mention that you can enjoy a widespread range of African beers. So, for you 2M lovers missing the flavours of Mozambique, you now have your local supply. 6 Desmond Street, Kramerville, Sandton; 083 649 3339. By Chevaun Roux

DID YOU KNOW?

When crocus flowers are in bloom, the stigmas are hand-picked from the petals and stamens and then dried to form saffron. Each crocus flower contains only three stigmas and it takes, on average, 32 000 flowers to produce a kilogram of wet stigmas, yielding 200g dried saffron strands.

HOW TO GROW

A beautiful bulb with a purple flower, crocus bulbs are best planted in spring as the flowers bloom for one month in autumn. The plant likes well-drained soil and plenty of sun. If planting at home, remember that you will need around 50 – 60 flowers to make just one scant tablespoon of spice!

IN THE KITCHEN

To draw out the deep colour and fragrance of saffron strands, it's always best to soak a few strands in warm stock, milk or white wine before adding it to a dish. Common in curries, Spanish paella, French bouillabaisse or risotto Milanese, saffron also makes a soothing (and expensive!) cup of tea.





MARKET OF THE MONTH:

KAMANEE GOVENDER IS A 'BACK-TO-REAL-FOOD' CRUSADER WHO CONFESSES TO BEING A WANNABE TREE-HUGGER, BUT WILL NOT PASS UP AT TEARING APART A WELL-COOKED BUNNY... CHOW, THAT IS!

THE STALL NIGHT MARKET

Do you remember those wonderful house parties of your youth, where you felt tremendously smiley and happy? That's what being at The Stall from 6pm on a Thursday night felt like for me. Call me a cheap date, but the live music, fairy lights and friendly social atmosphere kept a broad grin pasted on my face when said face wasn't being stuffed with some of the most sublime food I've ever tasted, of course!

We began, like the veteran night-market trawlers we saw, at our favourite wine stall, Time4Wine, run by Johan and Louise Müller. I confess to trying most of the eight wines

on offer. Satisfy your Asian-food addiction at the Homemade Thai Cuisine stall; go American with a good helping of fiery wings from The Wing Republic; grab your nachos from the Taco Kombi; or enjoy craft beer from The Moonshine bar. It's all there and more! If it's sweet stuff you're looking for, there's plenty on offer, from the Doppio Zero food truck to Black Salt, where I indulged in a slab of chai-tea fudge dusted with glitter and cinnamon.

Perhaps it was the mellow party atmosphere that made cocktails from the Goedheid Uit Die Grond Uit (GUDGU)



Call me a cheap date, but the live music, fairy lights and friendly social atmosphere kept a broad grin pasted on my face.



on his table, but fell in love with a lambrusco. Playful and sweet, it still had the depth and dryness of a red and it primed my taste buds for a gourmet foot-long dog from Knead bakery – a taut, bursting-at-the-seams cheesy Russian sausage, snuggled inside a salted pretzel roll, seductively draped in mustard mayonnaise and topped with chargrilled onions.

The Stall is all about artisan food, simple and honest, crafted with care and thought, with a variety of cuisines

stand the highlight of my evening. Founded by Pieter du Plessis and Viljoen de Kock, GUDGU are actually known for their handcrafted cordials made the good old-fashioned way with no nasty stuff. But, dash it with something alcoholic, and you can push your happiness factor up a few notches well, that's what their 'Granadilla Bliss' did for me, anyway. GUDGU's home-made cordials are available in sugar-free and Banting variants and, since I got a bottle of their lemonade, I'm a born-again cordial mixer.



GUDGU's Granadilla

Serves 1 EASY 5 mins

crushed ice/ice cubes, to fill 3 shots (75ml) GUDGU **Granadilla Cordial** 2 shots (50ml) vodka (your favourite brand will do) soda water/water, to top

lemon slices, to serve pomegranate rubies, to garnish (optional) 1 fresh strawberry, sliced, to garnish

- 1 Fill a hurricane, highball or Collins glass with crushed ice or ice cubes.
- 2 Tip in the cordial, then the vodka.
- 3 Top up with soda water or water.
- 4 Drop in a slice or 2 of lemon, sprinkle with some pomegranate rubies, if desired, and add a sliced strawberry to pretty it up.

The Stall Night Market is open every last Thursday of the month from 5pm – 9pm at the Southdowns Shopping Centre, corner John Vorster and Karee streets, Centurion.



FLAVOUR

FRITH THOMAS, EDITORIAL DIRECTOR AT WOMAN&HOME, TOOK THE WHATSFORDINNER? CHALLENGE AND WHIPPED UP A SUMMER SALAD WITH A TWIST USING KNORR ITALIAN VINAIGRETTE SALAD DRESSING

ITALIAN SUMMER SALAD ON A STICK

Serves 4 EASY 45 mins

Preheat the oven to 180°C. Peel 8 small beetroots and toss them in 15ml (1 tbsp) olive oil, salt, pepper and a few fresh thyme leaves. Roast until the beetroots are cooked through and glossy, about 20 minutes. Allow to cool completely. Roughly chop 80g walnuts and dry-roast in a saucepan over high heat, stirring continuously, until fragrant. Add 30ml (2 tbsp) sugar and stir until the sugar starts to melt. Ensure the walnuts are fully coated. Remove from heat and allow to cool. Thread 2 small beetroots onto a wooden skewer, then add some rocket leaves and, lastly, 2 balls of bocconcini. Thread the remaining 3 skewers. Place the skewers on a long plate and serve with a few black olives, some Rosa tomatoes and thinly sliced radishes scattered over. Sprinkle over the walnuts and drizzle the skewers with **Knorr Italian Vinaigrette Salad Dressing**.





FLAVOUR IDEAS FROM KNORR

KNORR'S RANGE OF SALAD DRESSINGS IS
DELICIOUS AND VERSATILE. THEY COME IN 3
FORMATS — LIGHT, CREAMY AND VINAIGRETTE —
AND ARE AVAILABLE IN 15 TASTY FLAVOURS.
THE SALAD DRESSINGS CAN ALSO BE USED
AS ALTERNATIVES TO MAYONNAISE AND
SAUCES. TRY THESE TASTY IDEAS TO JAZZ
UP YOUR MEAL:

- For a fresh pâté, blitz tinned tuna, cooked prawns, lemon juice, pepper and chives with Knorr Creamy Garlic & Herb Salad Dressing
- in a blender and serve with Melba toast.
- Combine Knorr Light Yoghurt & Herb Salad
 Dressing with some freshly chopped coriander. Pour over chicken breasts, cover and bake in the oven.
- Lay out a French loaf, sliced meat, cheese and salad veggies. Drizzle over some Knorr French Vinaigrette Salad Dressing for a quick and fun dinner.

WATCH OUT FOR THE WHATSFORDINNER?
TV SHOW EVERY SATURDAY AT 7PM ON SABC 3
UNTIL 3 OCTOBER.





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ONCE A JAZZ ARTIST, HEIN VAN DE GEYN HAS CERTAINLY BROUGHT MUSIC TO CAPE POINT BAKERY, WHICH IS NOW SINGING WITH HEAVENLY AROMAS AND HUNGRY LOCALS

By DIANA WEMYSS Recipes by HEIN VAN DE CEYN Styling by SARAH DALL Photographs by BRUCE TUCK

he morning tang of salty sea air is now mixed with the yeasty smell of fresh-baked bread for those living in Scarborough, the southern most village on the Cape Peninsula. So remote and, yet, they are the lucky few to have access to the best bread straight from the ovens of the newly opened Cape Point Bakery.

The bakery is owned by jazz musician-turned-guest-house keeper and baker, Hein Van de Geyn. Travelling the world, performing in Carnegie Hall and playing with jazz greats like Chet Baker and Toots Thielemans, staying in the best hotels and eating in the best restaurants, double-bass player Hein had a hugely successful career, but gave food little thought. It was only when he decided on a complete change – to give up travelling and to settle in Scarborough with his new wife, dancer and singer, Cyrille Carreon – that he began to look at food in a new light.

His journey into food began with the acquisition of Zensa Lodge, a seven-room guest house, further down the road from his own home. "I wanted to give my guests the very best and I was often disappointed by what was on offer locally," says Hein. "The breads were truly terrible, so, when I met a master baker who had decided he too needed a change and was joining the movie industry, I bought up his equipment and decided to start making really good bread for my guests."

Hein cleared out his large living area and set up the bakery there. Having thrown himself into the venture with no experience, he realised he needed help, so he called his son, Ben, 28, a jazz guitarist who had just graduated from university. Ben took to baking with enthusiasm.

Hein's bakery makes 75kg of a variety of 12 breads a day, seven days a week. Apart from selling at a small outlet on the premises, they also deliver to The Hub Café & Greenshop in Scarborough, Just Foods Deli & Wine Shop in Kommetjie, Cape Farmhouse Restaurant



"People are mad for our rye bread," says Hein. "They ring and urge us to

keep loaves back for them.

I call it the 'cry for rye'," he laughs.

"Life is a slow learning process, just like bread-making. There are no great secrets to making good bread. Start simple: use the best ingredients you can. We use Eureka Mills Stone Ground Flour, good Khoisan sea salt and filtered water. And, of course, we have our 'mother dough', our sourdough starter that needs to be nurtured and sustained. I'm also quite chuffed that we now have a small grain mill so we can source organic grain," he says.

"Rye takes time, just like life. Once you have the basics, then you tweak the process, adjust the rising time, regulate the temperature of the rising time and so on. We soon will keep the dough cool overnight at about 8°C - 9°C to slow down the rising process. By slowing that process, it intensifies the flavours, makes the bread richer and more nutty in taste. It will also be a time-saver because, in the morning, we can just take the ready-made dough out and cook it - no waiting around. Our bread lasts at least five days. All you need to do to store it, is put the sliced side down on a cutting board and cover with a damp cloth."

For Hein, it has been a journey to find his roots, as it were. "I love family, I'm gregarious, I love to open my doors and make a pasta for 20 people. I never want to see the inside of a posh hotel or a lonely mini bar again. You can have thousands clapping for you and earn lots of money, but it wears thin after 30 years.

This is real. "I think many people have a strong desire to go back to what is real, to food that is real: carrots that haven't travelled 3 000km – the average journey of a carrot in the States; or prawns harvested on the coast of Holland, shipped to Morocco to be shelled (because it's cheaper there) and then back to Holland to be served in a restaurant metres from the sea from which they came; or feta cheese, trucked across the border to Greece to get a stamp to say it is genuine Greek feta, to then go back to the country where it's made."

Hein's love of life, of food and music all combine very neatly. Once a week he teaches at UCT's music department, there are concerts at the lodge and musical evenings and, this summer, he is planning lunches in the courtyard in front of the bakery. "When you can break bread with olive oil and a bowl of soup... happy people around you: that is all you need to enjoy life," he concludes.

Cape Point Bakery, 32 Beach Road, Scarborough; 021-780-1339; capepointbakery.co.za Oatmeal bread
This recipe makes lovely, light, soft loaves with a sweet edge – perfect for breakfast served with just a pat of butter or your favourite jam. A lengthy fermentation means this bread will be both flavoursome and healthy
Makes 3 large loaves or 12 small rolls
A LITTLE EFFORT 4 hrs 30 mins

THE FLAVOUR COMBINATIONS

120g rolled oats + extra, to top (optional) 460ml water 550g bread flour 185g wholewheat flour 80ml (½ cup) milk 52,5ml (3½ tbsp) honey 75ml vegetable oil 25ml salt ½ x 10g sachet instant yeast

HOW TO DO IT

- 1 Place the oats and water in a large mixing bowl and set aside to soak, 15 20 minutes.
- 2 Add the remaining ingredients to the bowl and hand-mix until the dough starts to come together and is pulling away from the sides of the bowl. Place the dough on a lightly floured surface and knead by gently stretching and folding the dough until it starts to look smooth and is not sticking to your hands much anymore.

COOK'S TIPS Making bread takes practice – your first loaves might be a little dense, flat, doughy or burnt... Don't despair – every baker has been through this and, as the saying goes: practice makes perfect! You can use 1kg bread flour if you don't have any wholewheat. You are aiming to have your dough at around 24°C after mixing. If your kitchen is colder than this, make the water warmer to compensate. If it's hot in your kitchen, use cool water or even chilled. Try to have your dough rising at around 24°C too. Put it in a warm place if your kitchen is cooler than this, or extend the fermentation and rising time. You can put your dough into loaf pans if you prefer – just add another 7 – 10 minutes to the baking time. Did you know? It's World Bread Day on 16 October.

- 3 Lightly oil a large mixing bowl and add the dough. It will expand, so make sure the bowl can accommodate this. Cover the bowl with cling film and set aside to prove, 1 hour.
- 4 Grab one edge of the dough and carefully stretch it up and over the centre of the dough. Start with the edge furthest from you, and then repeat the action from the near, left and, finally, right sides. You should feel and see the dough's structure getting stronger as you do this. Finish by flipping the dough upside down. Cover the bowl and set aside for another hour.
- 5 Place the dough on a lightly floured work surface and use a knife to divide into either 3 pieces weighing 500g, or 12 pieces weighing 125g for smaller rolls. Or, you can do a combination. Dust your hands with flour so they don't stick to the dough and cup them around the piece of dough. Move your hands in a circular motion to form the dough into a ball (for the small rolls, you can use one hand, cupped over the top of the dough). The dough should

stick to your work surface a little to help achieve this, so don't use too much flour. Let these rest, covered with a damp tea towel, 15 – 20 minutes.

6 Lightly shape the rolls or bread again so your dough has a tight surface. If desired, lightly moisten the tops and sides of your dough with water and gently press in some oats to create a unique finish. Cover the loaves with a tea towel and let them prove for 1 hour, or until they are looking big and airy, but not yet starting to flatten.

7 Place the rolls or loaves, seam sides

down, on a baking tray and allow them to rise further, covered, for another hour at room temperature (longer if cooler, shorter if warmer). Preheat the oven to 230°C.

8 When your loaves look light and airy, and before they start to flatten, very carefully slide your baking tray into the oven. Keep the door closed and, after 15 minutes, turn the oven down to 220°C and bake for 10 minutes more for the larger loaves or 5 minutes for the small rolls.

Tap the bottom of the loaves to check if they're done – they should sound hollow.

Spanish sausage rolls
A delicious snack
Makes 9 A LITTLE EFFORT 1 hr

THE FLAVOUR COMBINATIONS

60g bacon butter, to fry 45g red bell pepper 200g beef mince 2 eggs, separated 10g fresh breadcrumbs 1/2 small onion, peeled and chopped 4 garlic cloves, peeled and finely chopped 45g black olives salt and freshly ground black pepper, to taste 5ml (1 tsp) cayenne pepper 10ml (2 tsp) dried Italian herbs 600g ready-made puff pastry, defrosted

HOW TO DO IT

1 Add the bacon to a frying pan over medium heat and fry in a little butter until nicely browned, adding the bell pepper halfway. Remove from heat.

2 Add the remaining ingredients,

except the egg yolks and puff pastry, to the bacon and pepper mixture.

- 3 Preheat the oven to 180°C. Roll out the puff pastry into a 30cm x 20cm slab of about 0,2cm thickness.
- 4 Divide the meat mixture into 3 portions.
- 5 Shape the first portion into a sausage and place along the 30cm edge of the pastry. Roll the dough around the sausage until almost closed. Prick small holes into the pastry with a fork all along the rolled-up sausage. Brush some cold water onto the pricked pastry and finish rolling up the sausage roll. Cut the pastry tight next to the sausage and repeat the process with the remaining sausage mixture and pastry. Divide each long sausage roll into 3 equal parts.
- 6 Line a baking dish with baking paper and place the sausage rolls in the dish. Beat the egg yolks and brush the top

and sides of each roll with the yolk wash. Bake in the oven until golden, 30 minutes.

Beef stew in a bread bowl

A fantastic and hearty main from Eastern Europe Serves 4 EASY 1 hr

THE FLAVOUR COMBINATIONS

10 small pickling onions, peeled
1 garlic head
30ml (2 tbsp) olive oil
1 onion, peeled and sliced
800g stewing beef, cubed
75g cake flour
70g tomato paste
5ml (1 tsp) sugar
15ml (1 tbsp) ground cinnamon
15ml (1 tbsp) ground cloves
salt and freshly ground black
pepper, to taste
270g carrots, peeled

100g celery, chopped + small handful leaves, to garnish (optional) 500ml (2 cups) water 250ml (1 cup) red wine (optional) 4 old small rye loaves 120g butter

HOW TO DO IT

- 1 Preheat the oven to 180°C. Toss the pickling onions and garlic in a little of the olive oil on a roasting tray. Season to taste and roast in the oven, 15 20 minutes.
- 2 In a pot over medium heat, fry the onion in the remaining olive oil until soft.
- 3 Toss the beef cubes in the flour and add to the pot with the onions, stirring so that the oil, onions and meat blend with each other. Cook the meat until browned, about 10 minutes, then add the tomato paste,



sugar, cinnamon and cloves. Continue to stir and season to taste with salt. Add the carrots and celery – the flavours will blend beautifully. Add the water and bring to a boil, stirring occasionally. Add the red wine, if desired. Once the stew reaches boiling point, reduce the heat and simmer. 20 minutes.

- 4 In the meantime, slice the tops off the rye and scoop out the insides to form bowls the insides of the loaves can be saved to use as breadcrumbs.
- 5 Melt the butter and brush the inside of the bread bowls and the underside of the lids with the butter.
- 6 Remove the roasted onions and garlic from the oven and set aside. Leave the oven on at the same temperature to toast the bread.
- 7 Place the bread bowls on a baking tray and toast in the oven slightly to ensures the bread holds the stew.
- 8 Once the stew has cooked, turn off the heat and let it rest for 15 minutes.
- 9 Squeeze out the roasted garlic from their skins and gently fold into the stew, along with the roasted onions.
- 10 Fill the toasted bread bowls with stew and a handful of celery leaves, if desired. Place the tops back on to serve.

Kaap'ies

Cape Point Bakery uses its own patented herbs and spices for these delicious cookies; however, these are not available for purchase. Therefore, we have supplied a suggested substitute

Makes 40 EASY 30 – 45 mins

THE FLAVOUR COMBINATIONS

250g butter, softened
250g smooth peanut butter
175g sugar
125g brown sugar
2 eggs
180g cake flour
5ml (1 tsp) bicarbonate of soda
5ml (1 tsp) five spice
5ml (1 tsp) lemongrass, grated
5ml (1 tsp) salt
100g quick-cooking oats
100g raisins
130g unsalted peanuts

HOW TO DO IT

1 Preheat the oven to 180°C.

- 2 Mix together the butter, peanut butter and sugars in a bowl using a wooden spoon. Add the eggs, one at a time, beating them into the mixture.

 3 Mix together the flour, bicarbonate
- of soda, five spice, lemongrass and salt. Sift the flour mixture into the butter mixture and stir well to combine. Add the oats and raisins and mix well.
- 4 Form a slab of the cookie dough of around 1,5cm thick and place in a shallow greased baking tray. Smooth the slab by covering with baking paper and shaping it by hand or with a rolling pin. Sprinkle cold water onto the dough and push the peanuts halfway into the mixture. Bake in the preheated oven until nicely browned, about 15 20 minutes.
- 5 Remove from oven and allow to cool completely before cutting the slab gently into the desired shapes to serve.

Carrot and walnut cupcakes

A scrumptious all-day bite
Makes 12 EASY 1 hr
THE FLAVOUR COMBINATIONS

280g carrots, peeled and grated 225g brown sugar 525g cake flour 12,5ml (2½ tsp) baking powder 45ml (3 tbsp) cinnamon 7,5ml (1½ tsp) salt 5 eggs 225ml vegetable oil 60ml (¼ cup) orange juice 2,5ml (½ tsp) vanilla essence 100g walnuts, halved

HOW TO DO IT

- 1 Preheat the oven to 175°C. Mix together the carrots, sugar, flour, baking powder, cinnamon and salt thoroughly in a bowl.
- 2 Beat the eggs then add the oil, orange juice and vanilla essence and beat to combine.
- 3 Add the wet ingredients to the dry ingredients and mix gently until smooth.
- 4 Place cupcake holders in 2 muffin trays and fill these to three-quarters full with the cupcake batter. Press 3 half walnuts on top of each cupcake and bake in the oven, 30 minutes.







WHAT TO DRINK, WHEN, WHERE AND HOW... By CLAIRE HU

DRINKUP

Muratie George Paul Canitz Pinot Noir 2012 (R180)

Perfect for when you can't face another heavy red, but want a wine with complexity. Seriously zesty red fruit is balanced with depth of savoury spice, earthiness and oak. The scent of summer

With summer in the air, what better than a glass of aromatic pinot noir? It's a fickle variety to grow, especially in South Africa's hot climate, and this is reflected in the price. But, when it hits the mark, the "flavours, they're just the most haunting and brilliant and thrilling and subtle and... ancient on the planet," enthuses Miles Raymond (played by actor Paul Giamatti) in the wine movie, Sideways. Here's a trio of SA stunners.

reorge Paul Canitz

Bouchard Finlayson Galpin Peak Pinot Noir 2013 (R283)

This is a real class act, with deep aromas of morello cherries, Chinese five spice and roses. Mouthwateringly fruity yet complex.

WINE JARGON UNRAVELLED... Brettanomyces'

'Brett' is a yeast that can produce aromas in wines, like pinot noir, variously described as farmyard, horsey or even manure. You either love it or hate it, and brett has sparked heated debates between both brigades. Critics say brett is a defect and produces faulty wines, while others believe it's part of the true earthy character of some of the world's greatest wines.

Shannon Vineyards Rockview Ridge Pinot Noir 2013 (R250)

Blueberries, violets, cherries and cranberries... the aromas of this delicious pinot noir will wake up your senses. A real taste of summer.



Giveaway

Eleven lucky readers stand a chance to each win a case (six bottles) of Christina van Loveren Shiraz valued at R720.

To stand a chance to enjoy the spicy nose, ripe blackberry flavours and appealing mocha character of Christina van Loveren Shiraz, send an email to foodhome@caxton.co.za with 'Christina van Loveren Shiraz' in the subject line by 12 October. Please include your name, surname, contact details, address and ID number. Only over 18s are eligible for this prize.



Christina van Loveren

Dates for the diary...

9 - 11

October. The Sanlam Handmade Contemporary Fair will transform the roof of Hyde Park Corner in Johannesburg into a hub of more than 120 of SA's most exciting winemakers, food producers and designers. A regional theme features the Garden Route. Tickets cost R90. webtickets.co.za

October. Coolerclimate wines will be showcased at the 4th Elim Wine Festival at Strandveld Vinevards in Elim. Local musician Valiant Swart will be performing, and country food and sheepdog herding will form part of the event featuring nine local farms and craft beer from Fraser's Folly. Entrance fee costs R75. elimwines.co.za

24 - 25

October. Twelve wine farms, including Altydgedacht and Meerendal, will take part in the Season of Sauvignon Festival in the Durbanville wine valley. Don't miss the opportunity to taste the Durbanville Twelve Sauvignon Blanc 2015, produced from a ton of grapes from each of the 12 participating farms. durbanvillewine.co.za



Become a member of the all-new Food & Home Entertaining Wine Club this month and receive a FREE House of Crystal 'Lara' 1 500ml decanter worth R120! See page 8 for this month's wine selection or visit cybercellar.com/ FHEwineclub for more information.





When you join the Food & Home **Entertaining Wine** Club this month, you could be one of two lucky readers to each win a case (six bottles) of Vondeling Erica Shiraz 2011 worth R897! Vondeling farm, which lies on the slopes of the Paardeberg mountains in Paarl, has fast gained a reputation for the quality of its boutique, naturally made wines in

recent years. The Vondeling Erica Shiraz 2011 uses only the best fruit, evident in its elegant character with aromas of sweet spice, plums and subtle oak flavours.

To join, sign up online at cybercellar.com/FHEwineclub. For assistance, call 021-981-7232 or email support@cybercellar.com with 'F&HE Wine Club' in the subject line. Offer ends 12 October 2015.

DIGESTING THE LATEST ON THE CULINARY SHELVES... BY KERRY MACFIE





1 FIVE QUARTERS (SALTYARD BOOKS, R544)

Rome is a city known for its architectural masterpieces and jaw-dropping beauty, and Rachel Roddy's *Five Quarters* epitomises exactly that. Split into five traditional Italian courses – like antipasti and dolci, to name two – this cookbook boasts enough reasons to eat real Italian. Potato and Parmesan croquettes and roast bone marrow, parsley salad and toast should be tempting enough...

2 THE SILVER SPOON: PUGLIA (PHAIDON PRESS LTD, R530)

Puglia is one of southern Italy's most exciting food regions and this cookbook is the third title in *The Silver Spoon*'s popular regional series. With delectable recipes accompanied by photos that will take you on a journey of sorts, *Puglia* is a culinary must-have. With summer in full swing, the calzoni di castagne (chestnut pastries) and the cozze fritte (fried mussels) are surefire favourites!

3 THE NEW MEDITERRANEAN TABLE (PAGE STREET PUBLISHING CO, R393)

A three-in-one cookbook that will take you on a culinary voyage through Greece, Turkey, Southern Spain and beyond. Filled with pastoral and contemporary recipes, your Mediterranean-inspired table will be the talk of the town. Grab your friends and dive into the artichokes with pecorino and "Barigoule" vinaigrette or pickled shallots.

Styling by Claire Ferrandi. Props courtesy of The Light Shed and stylist's own. See stockists' directory on page 127 for details Photographs by Dylan Swart.



With World Bread Day on 16 October, we decided to tickle your taste buds with banging bagels, beautiful baguettes and lavish loaves to swoon over. Éric Kayser's *The Larousse Book of Bread* is your onestop, go-to guide for baking bread! From basic bakes to more complex wonders, you're sure to find something to make you salivate. The vanilla rolls and the pain au chocolat are too good to miss out on.





FIVE F&HE READERS CAN EACH WIN A COPY OF THE LAROUSSE BOOK OF BREAD BY ÉRIC KAYSER FROM EXCLUSIVE BOOKS. TO ENTER, EMAIL YOUR NAME, CONTACT NUMBER, ID NUMBER AND POSTAL ADDRESS TO FOODHOME@CAXTON.CO.ZA WITH 'LAROUSSE' IN THE SUBJECT LINE. ENTRIES CLOSE ON 15 OCTOBER.

B. EXCLUSIVE

TOP 10 COOKERY TITLES

I LOW Carb is Lekker

Ine Reynierse

2 THE REAL MEAL REVOLUTION

Prof. Tim Noakes et al

3 LOW Carb is Lekker (Ofrikaans)

Ine Reynierse

4 Tashas

Natasha siperis

5 Home. FOOD From My Kitchen

Saraн Graнaм

6 Die Kos Revolusie

Prof. Tim Noakes et al

7 low-carb living for Families

Monique Le Roux Forslund

MONIQUE LE KOUX FOLZEUN

8 Deliciously Ella

ELLO WOODWORD

9 RODD Tripping with Justin Bonello

Justin Bonello & Helena Lombard

10 Fireworks

Jan Braai

4 MASTERING PASTA (TEN SPEED PRESS, R427)

Have you ever longed to make, cook and plate pasta, gnocchi or risotto as perfectly and beautifully as those served at a restaurant? Well, now you can! Award-winning chef Marc Vetri has dedicated an entire guide to mastering pasta. Try the red wine spaghetti with crunchy vegetables and Roquefort or the saffron fusilli with lobster and leeks.

5 BITTER+SWEET: A HERITAGE COOKBOOK (HUMAN & ROUSSEAU LTD, R393)

Teeming with ambrosial recipes and short poems, Niel Stemmet's *Bitter+Sweet* is your attention-grabbing one-stop cookbook for entertainment and recipes inspired by the food of the Western- and Northern Cape. Don't Mommy's home-made custard and biltong sandwiches sound like the perfect end to a summer's day?

6 MY BUSY KITCHEN (HODDER & STOUGHTON, R624)

Alex Hollywood, wife of celebrity British baker and chef, Paul Hollywood, is taking the culinary world by storm with her new cookbook, *My Busy Kitchen*. If cooking for your family and friends brings you great joy, this is for you! Start off with Alex's expert shopping and flavour tips, then give her paprika pan-fried chicken with grapefruit, Stilton and asparagus salad a go!



Want to wow your guests with sensational spuds? Make perfectly crunchy and golden chips by bringing a pot of salted water to a boil. Add the chips (don't add too many at a time - they must be able to move around) and boil for 8 minutes. Remove with a slotted spoon and drain on paper towel. Allow the chips to cool, 10 minutes, before deep-frying in hot oil, about 5 minutes. Remove from oil and allow to cool, 10 minutes, before returning to the hot oil to deep-fry until golden, crispy and utterly delicious, about 7 minutes.

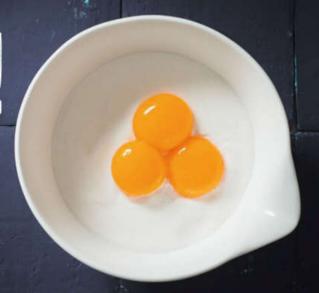


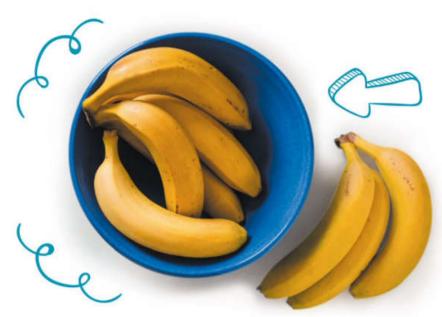
Make your own hummus! Mix together 1 x 400g tin chickpeas (drained), juice of ½ lemon, 10ml (2 tsp) tahini, 2 peeled garlic cloves and 125ml (1/2 cup) olive oil and blend until smooth. Season to taste and enjoy. The recipe should yield about 375ml (1½ cups) hummus.



3 Be egg-stra careful

When whisking egg yolks with sugar to make custard, always be sure to whisk quickly and thoroughly. Sugar cooks egg yolks and will create small lumps of egg in the custard if given the chance.





Go bananas

Keep your bananas out of the fruit bowl! It's better to store bananas separately as they release gases that cause other fruits to ripen quickly. If kept separate, bananas will also stay fresher for longer.



Seal the Jeal

'Sous-vide' (the French term for 'under vacuum') is a method of cooking in which food is sealed in airtight plastic bags then placed in a water bath or temperature-controlled steam environment for longerthan-usual cooking times. This is done at an accurately regulated temperature much lower than normally used for cooking, typically from around 55°C - 60°C for meat and even lower for vegetables. The intent is to cook the item evenly, ensuring the inside is properly cooked without overcooking the outside, and to retain moisture. As may also be done in traditional poaching, sealing the food in sturdy plastic bags keeps in juices and aromas that, otherwise, would be lost in the process.



If cream cheese is fridge-cold, you will never get a smooth texture in a cheesecake. Remove your cream cheese from the fridge and let it come up to room temperature before using it.

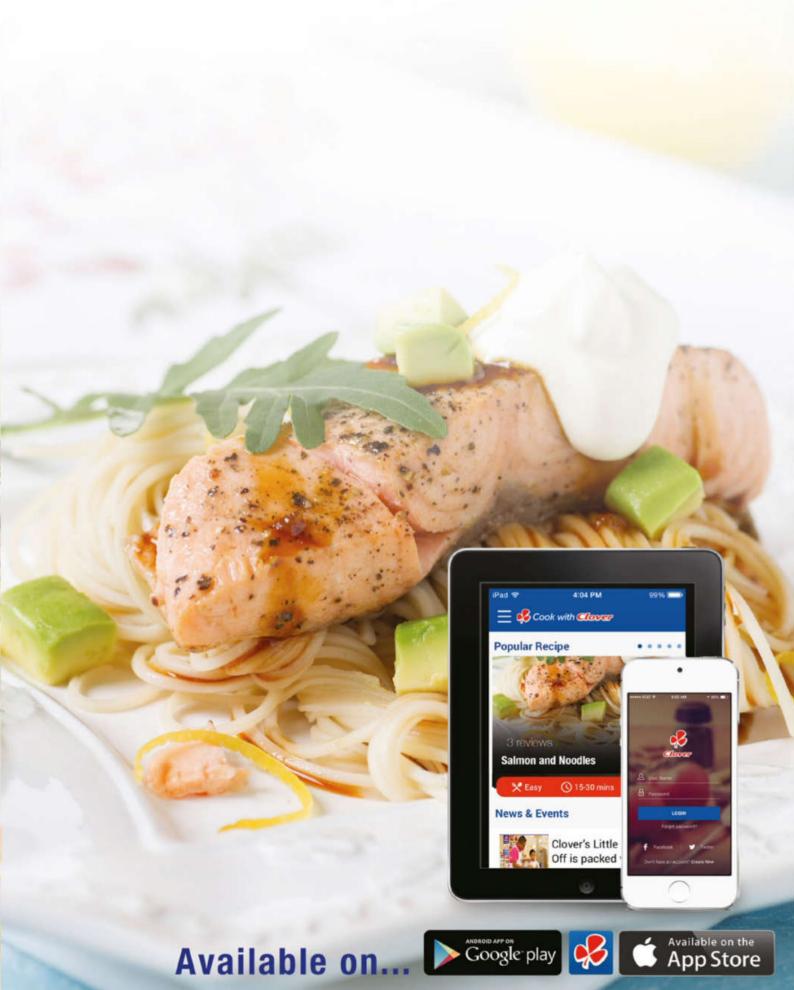
Rub vinegar on your hands to

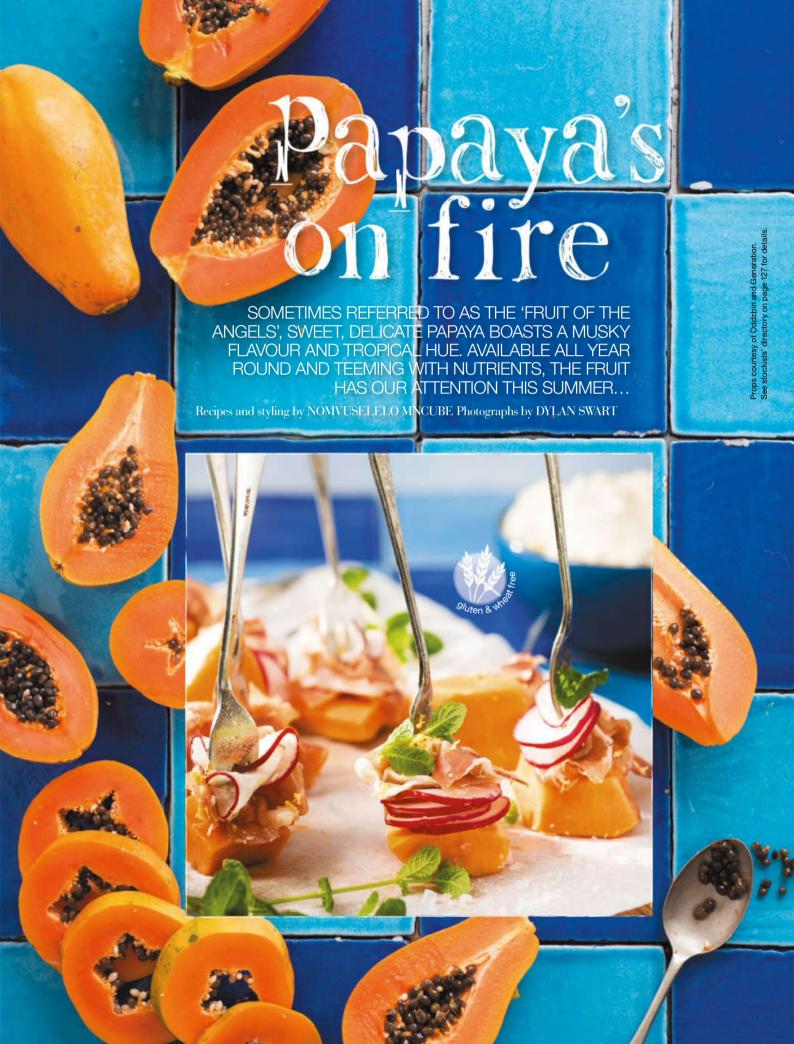




Sous-vide photograph courtesy of PolyScience Culinary







Papaya, prosciutto, radish and mint bites

Makes 24 EASY 30 mins

THE FLAVOUR COMBINATIONS

1 large fresh papaya, peeled, seeded and cut into large cubes 140g prosciutto 5 radishes, thinly sliced 2 handfuls fresh mint leaves zest of 1 lemon

DIPPING SAUCE

80ml (1/3 cup) horseradish 125ml (1/2 cup) crème fraîche salt and freshly ground black pepper, to taste

HOW TO DO IT

1 Top a cube of papaya with some folded prosciutto, radish and mint leaves and thread onto a small fork to hold it all together. Sprinkle with lemon zest. Repeat with the remaining ingredients.

2 For the dipping sauce, combine all of the ingredients. Season to taste and serve with the papaya bites.

Crispy duck breast with papaya salsa

Serves 6 - 8 EASY 1 hr 15 mins

THE FLAVOUR COMBINATIONS CRISPY DUCK BREAST

80ml (1/3 cup) sweet soya sauce 60ml (1/4 cup) hoisin sauce 20ml (4 tsp) oyster sauce 10ml (2 tsp) honey 20ml (4 tsp) rice wine vinegar 2,5ml (1/2 tsp) five spice 45ml (3 tbsp) sesame oil 4 large duck breasts, skins on salt and freshly ground black pepper, to taste

PAPAYA SALSA

1 medium fresh papaya, peeled, seeded and scraped into balls using a melon baller
1 red onion, peeled and finely chopped
1 red fresh chilli, chopped
2 corn on the cobs, cooked and kernels removed
1 avocado, peeled and cubed handful fresh coriander leaves juice of ½ lemon

TO SERVE

2,5ml ($\frac{1}{2}$ tsp) white sesame seeds



sea salt flakes

4 spring onions, sliced lengthways and placed in ice water for 30 minutes deep-fried tortilla wedges

HOW TO DO IT

- 1 For the crispy duck breast, mix all of the ingredients except the sesame oil, duck and seasoning together in a bowl until well combined. Place the duck breasts in the bowl, cover and refrigerate to marinate, 1 hour.
- 2 For the salsa, gently mix all of the ingredients together.
- 3 In a frying pan over medium-high heat, heat the sesame oil and fry the duck until the skin is crispy and brown, 3 minutes on each side. Remove from heat, season and slice.
- 4 Plate the duck and sprinkle with sesame seeds and sea salt flakes. Place the salsa alongside, top with the curled spring onions and serve with tortilla wedges.

DID YOU KNOW?

- Papaya is a good source of fibre, beta-carotene, vitamin C and folate, as well as potassium.
- The fruit contains a high level of antioxidants to protect the body from free-radical damage.
- Tea made from papaya leaves is consumed in some countries to protect against malaria.
- Papaya seeds can be ground and used as a substitute for black pepper.
- The bark of a papaya tree is often used to make rope.
- A small papaya contains about 300 per cent of the recommended daily allowance of vitamin C.
- Eating too much papaya can cause carotenemia – the yellowing of the soles of the feet and the palms. It is temporary and goes away once excessive amounts of papaya are no longer being consumed.

Papaya, coconut and lime layered dessert

Serves 4 EASY 15 mins + 5 hrs, to freeze

THE FLAVOUR COMBINATIONS

3 medium fresh papayas, peeled and seeded 160g icing sugar 1 x 400g tin coconut cream pinch salt 3 sprigs fresh thyme leaves + extra, to garnish zest of 1 lime juice of ½ lime coconut shavings, toasted, to serve lime wedges, to serve

HOW TO DO IT

- 1 Place the papaya in a blender and blitz to a smooth purée, about 1 minute. Mix in 80g of the icing sugar and set aside until needed.
- 2 Add the coconut cream, salt, the remaining 80g icing sugar, thyme and lime zest and juice to a saucepan over medium-high heat and heat until almost boiling (do not let it boil). Remove from

- heat and allow the thyme to infuse, 3 minutes. Transfer to a bowl.
- 3 Using four freezer-proof glasses, place a layer of the papaya mixture in each glass then place in the freezer until set, about 1 hour and 30 minutes. Top with a layer of coconut mixture and freeze for a further 2 hours. Add a third layer of the papaya mixture and freeze until frozen.
- 4 Top with toasted coconut and a sprig of fresh thyme. Serve with lime wedges for squeezing.



Excellence AND TRUST



ut your baking skills to the test and make this future family favourite with a little help from KOO, which celebrates 75 years as a heritage brand.

This decadent caramel apple and pear pull-apart bread is sure to impress.

Tell us your favourite recipe by visiting www.foodandhome.co.za/koo and you could win 2 Yuppiechef vouchers!

Decadent caramel apple and pear pull-apart bread

Makes 2 rings EASY 1 hr

APPLE AND PEAR PULL-APART BREAD

1,25ml (1/4 tsp) salt 75g butter 500ml (2 cups) milk 130g brown sugar 1 x 410g tin KOO Pear Halves in Syrup, drained 1 x 410g tin KOO Unsweetened Pie Apple Slices, drained and chopped 5ml (1 tsp) mixed spice 100g cranberries 120g pecan nuts, chopped and toasted + extra, to garnish

CARAMEL SAUCE

250ml (1 cup) fresh cream 75a butter 110g firmly packed brown sugar 125ml (1/2 cup) caramel condensed milk 5ml (1 tsp) vanilla essence 10ml (2 tsp) lemon juice

1 Preheat the oven to 170°C. Grease two deep 23cm-round springform cake tins. 2 For the bread, sift the flour and salt into a bowl and rub in the 75g butter. Add in enough milk to make a soft, sticky dough. Flour the surface of your workspace and knead the dough until smooth. Divide the dough in half.

- 3 Roll the first half out over floured greaseproof paper into a 40cm x 20cm rectangle. Sprinkle the dough with half of the 130g sugar.
- 4 Mix the KOO pears, KOO apples, mixed spice, cranberries and pecan nuts together. Spread half of the mixture over the dough to within 3cm from the long edges. Using the greaseproof paper as a guide, roll up like a Swiss roll. Repeat with the remaining dough, sugar and filling.
- 5 Use a floured knife to cut into equalsized slices. Place the slices upright all over the base of the cake tins, leaving a little room between slices to allow for expansion during cooking. Bake in the oven until golden brown, about 25 minutes.
- 6 For the caramel sauce, combine all of the ingredients in a small saucepan over medium heat and stir constantly until the sugar has dissolved. Do not let it boil. Remove from heat and keep warm until ready to serve.
- 7 Pour half of the caramel sauce over the top of the bread. Set aside for 10 minutes to allow the sauce to seep in. Transfer to a cake stand and lightly pull apart the spirals. Garnish with toasted nuts and serve extra sauce in a dipping bowl.





EYES ON STALKS

TART AND SWEET-FLAVOURED RHUBARB IS A PERENNIAL LEAFY VEGETABLE GROWN FOR ITS FLESHY, ROSE-RED EDIBLE STALK. MOST COMMONLY USED IN PIES AND PUDDINGS, RHUBARB IS EXCELLENT IN JAMS, PRESERVES AND SAUCES TOO. SOME LIKE IT THICK, SOME LIKE IT THIN; WHICHEVER WAY YOU EAT IT, RHUBARB IS IN!

By ILLANIQUE VAN ASWEGEN Photographs by ADEL FERREIRA



Rhubarb and sour cream Madeira cake

This is a 'golden oldie' that is moist and tastes wonderful with the addition of the tart rhubarb

Makes 1 loaf, serves 8 EASY 1 hr 15 mins

THE FLAVOUR COMBINATIONS MADEIRA CAKE

225g butter, at room temperature and diced
200g sugar
5 large eggs
15ml (1 tbsp) lemon juice
5ml (1 tsp) vanilla extract
60ml (¼ cup) sour cream
230g self-raising flour
110g raw rhubarb, washed and thinly sliced
45ml (3 tbsp) brown sugar
2,5ml (½ tsp) ground cinnamon

RHUBARB SAUCE

330g rhubarb, washed and chopped 250ml (1 cup) mixed berry juice 60ml (¼ cup) brown sugar 60ml (¼ cup) fresh cream

TEA-POACHED RHUBARB

875ml (3½ cups) water 100g sugar 4 camomile tea bags 8 (about 400g) stalks rhubarb, washed and cut into 5cm pieces

vanilla ice cream, to serve fresh mint leaves, to garnish

HOW TO DO IT

1 Preheat the oven to 160°C. Line a 20cm x 14cm loaf tin with some baking paper or generously grease with cooking spray.

- 2 For the cake, cream the butter and 200g sugar together using electric beaters, 2 minutes. Whisk in the eggs, lemon juice, vanilla extract and sour cream. The mixture will appear lumpy at this stage. Whisk in the flour until smooth.
- 3 Add half of the batter to the tin and smooth out the surface with a spatula. Toss the 110g raw rhubarb, 45ml (3 tbsp) brown sugar and cinnamon together and sprinkle it over the batter. Pour over the remaining cake batter and smooth out the top. Bake in the oven until golden brown and a skewer inserted into the centre of the cake comes out clean, 1 hour. Remove from oven and allow to cool in the tin, 10 minutes, before transferring to a wire rack.
- 4 For the rhubarb sauce, add the 330g rhubarb, berry juice and 60ml (¼ cup) brown sugar to a saucepan over medium heat and allow to simmer, 15 minutes. Add the cream and purée with a hand blender until smooth.
- 5 For the tea-poached rhubarb, bring the water and 100g sugar to a simmer in a saucepan over medium heat. Stir until the sugar has dissolved. Add the tea bags and allow to simmer gently, 1 minute. Add the rhubarb pieces and simmer, 3 minutes. Remove from heat. 6 Cut the cake into slices and top with a scoop of vanilla ice cream. Drizzle over some of the rhubarb sauce and serve with a bit of poached rhubarb. Garnish with fresh mint.





DID YOU KNOW?

- Rhubarb is low in sodium and offers a good source of dietary fibre, vitamins C and K, calcium, potassium and more.
- A great tip to remember when you're buying rhubarb for a recipe: 450g fresh diced rhubarb yields about 260g cooked.
- A native plant of China, rhubarb was grown and traded for medicinal purposes as early as the 16th century. Rhubarb gained popularity as a food and vegetable source by the 19th century.
- The redder the stalk, the sweeter the taste.
- The leaves of a rhubarb contain poisonous substances, oxalic acid and other glycosides, which are nephrotoxic and corrosive acid. Humans have been

poisoned after ingesting the leaves, but rather large amounts of the leaves (5kg leaves for a 70kg human) need to be consumed to exceed the 'lethal dose' for oxalates. Individuals may react differently (nausea, vomiting and abdominal pain), so always discard that part of the plant.

- Though not often used today, 'rhubarb' can also mean 'a heated argument or dispute', according to the *Merriam-Webster* dictionary and thesaurus.
- In the UK, it is or was common for a crowd of extras in acting to shout the word 'rhubarb' repeatedly and out of step with each other, to cause the effect of a general hubbub.

Rhubarb and ginger margarita

A fun pink drink that's zesty and made with fresh fruit
Serves 6 EASY 30 mins

THE FLAVOUR COMBINATIONS

110g rhubarb, washed and chopped 300g sugar 500ml (2 cups) water 30ml (2 tbsp) lemon juice 15ml (1 tbsp) fresh ginger, peeled and finely grated 310ml (1¼ cups) tequila 60ml (¼ cup) Cointreau or other triple sec liqueur 60ml (¼ cup) lime juice

30ml (2 tbsp) fine salt 30ml (2 tbsp) sugar zest of 1 lime

crushed ice, to serve lime slices, to serve

HOW TO DO IT

1 Add the rhubarb, sugar, water and lemon juice to a saucepan over medium heat and bring to a boil, 10 minutes. Strain the mixture through a sieve and stir in the ginger. Allow to cool.

- 2 Once cooled, stir in the tequila, Cointreau and lime juice.
- 3 To make the salt-and-sugar rim for the glasses, stir the salt, sugar and lime zest together. Dip the rim of each glass in some water and then into the salt and sugar mixture. Serve the margaritas over crushed ice and garnish with a lime slice.

Rhubarb, almond and berry tarte Tatin

A recipe that uses super-easy cheat's puff pastry is always a treat! The tender rhubarb and berry combination is delicious and the deep pink colour they produce once baked is beautiful Serves 4 EASY 1 hr 10 mins

THE FLAVOUR COMBINATIONS PUFF PASTRY

125g cake flour + extra, if needed 150g butter, at room temperature and grated 80ml (1/3 cup) ice-cold water

TARTE TATIN

30g butter
60ml (¼ cup) brown sugar
120g fresh/frozen mixed berries
(if using frozen berries, defrost
before use)
80ml (⅓ cup) berry juice
6 (about 250g) stalks rhubarb,
washed and cut into 5cm pieces

40g ricotta, crumbled, to serve 40g roasted and salted almonds, chopped, to serve handful fresh mint leaves, to garnish

HOW TO DO IT

- 1 For the pastry, place the flour in a mixing bowl. Cut the 150g butter and water into the flour, using a butter knife, and mix until mostly combined. Turn the pastry out onto a dusted surface and bring it all together with your hands. Knead lightly until smooth. Add more flour if it is too sticky.
- 2 Roll the pastry out into a square of about 0,3cm thick. Fold it in half and then in half again to form a small square. Place it between 2 sheets of baking paper. Roll it out to about 0,4cm thick. Make sure it will fit over a 22cm ovenproof pan. Place in the fridge to cool, 30 minutes.
- 3 Preheat the oven to 200°C.
- 4 For the tarte Tatin, melt the 30g butter in the 22cm ovenproof pan over medium heat. Add the sugar, berries, juice and rhubarb, and cook, 5 minutes. Allow it to cool, 5 minutes, before placing the pastry on top. Cut off any pastry bits that do not fit into the pan. Bake in the oven until the pastry is crisp and golden, about 45 mintues.
- 5 Remove from oven and allow to cool for a few minutes. Loosen the sides of the tart, place a large plate on top and gently flip it over. Scatter some ricotta, almonds and fresh mint on top to serve.

Rhubarb and yoghurt popsicles

Stewed rhubarb served on Greek yoghurt is a decadent breakfast treat on its own. By turning this great combination into an ice cream, we get to enjoy it for dessert too!





Makes 8 EASY 45 mins + 5 hrs 30 mins or overnight, to freeze

THE FLAVOUR COMBINATIONS STEWED RHUBARB

330g rhubarb, washed and chopped 100g brown sugar 45ml (3 tbsp) water 80g double-cream yoghurt

POPSICLES

250g double-cream yoghurt 125ml (½ cup) full-cream milk 60ml (¼ cup) honey seeds of ½ vanilla pod 60g chocolate-chip biscuits, crumbled

8 x 80ml popsicle moulds 8 wooden popsicle sticks

CHOCOLATE COATING (OPTIONAL)

120g dark chocolate, finely chopped 15g butter

HOW TO DO IT

- 1 For the stewed rhubarb, heat the chopped rhubarb, brown sugar and water in a saucepan over medium heat and simmer, stirring occasionally, 15 minutes. Mash it with the back of a spoon to break up any chunky bits, then allow to cool. Once cooled, ripple through the 80g yoghurt with a spoon.
- 2 For the popsicles, whisk the 250g yoghurt, the milk, honey and vanilla seeds together until smooth. Stir in the biscuits. Pour 60ml (½ cup) mixture into each mould. Top with 15ml (1 tbsp) stewed rhubarb and then pour in the remaining yoghurt mixture. Place in the freezer for 30 minutes before inserting the popsicle sticks and returning to the freezer, at least 5 hours or overnight.
- 3 The popsicles can be served as they are but, if you wish to add a luscious coating, melt the chocolate and butter in a double boiler until smooth. Allow it to cool for 5 minutes.
- 4 Dip the tip of each popsicle into the melted chocolate and lay the popsicles flat on a tray in the freezer for at least 30 minutes until hard.



DANGEROUS JOBS

IN THE WORLD

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Savour the sea



The Breville
Kinetix blender's
bowl-hugging
blade system
virtually eliminates
food traps for
creamier smoothies,
milkshakes and dips.



SHAKE It up

Salted caramel milkshake

Makes 2 large milkshakes EASY 5 mins

THE FLAVOUR COMBINATIONS

115g Nestlé Caramel Treat 5ml (1 tsp) sea salt flakes 8 scoops good-quality vanilla ice cream 2,5ml (½ tsp) vanilla extract 500ml (2 cups) milk

HOW TO DO IT

1 Place all of the ingredients – except for 15ml (1 tbsp) of the caramel – in a Breville Kinetix blender and process on the 'Smoothie' setting until a thick and smooth consistency is reached. 2 Swirl the reserved caramel around the inside of 2 tall glasses before filling with the milkshake to serve.

Breville kitchen appliances are available from @home stores. 0860 666 674; home.co.za







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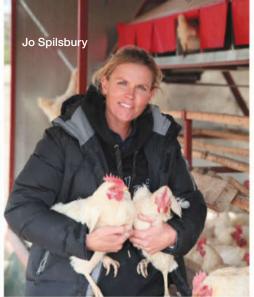
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AGOOD EGG

WORLD EGG DAY IS
CELEBRATED ON
9 OCTOBER AND
GLEN URQUHART
FARM IS EXPECTING ITS
SECOND 'KUKU GANDA'
(A MOBILE TRAILER AND
HQ FOR HENS) AND ANOTHER
250 HENS TO MARK THE
OCCASION. NEIGHBOURING
OAKLANDS COUNTRY MANOR,
WHOSE EGGS COME FROM
THE FARM, KICKSTART THE
CELEBRATION FOR US WITH
SOME EGG-CELLENT RECIPES...

By ANDREA ABBOTT Recipes by KATHY ROMER-LEE Photographs by CLINTON FRIEDMAN





y goal has always been to feed my family in the most ethical way possible," says Jo Spilsbury, busy mom to three young children – Jack, eight, Charlie, six, and Luke, three – and owner of Jo's Pasture Raised Food. We're walking across the fields of Glen Urquhart, the Eastern Free State farm Jo and her husband, Terence, bought three years ago.

Flanked by Baamoo the Boerboel and Thunda the bouncing Jack Russell puppy, we pass paddocks where horses munch on silage produced from maize grown on the farm – ex-racehorses, which are now being trained for the game of polo. "Training and selling polo ponies is our main business and the reason we bought the farm," says Jo who, like Terence, plays the game

at a high level. "But, we also wanted to produce our own food and to teach our children about humane farming." Hence, the sheep in the valley below, the ducks that frequent the garden surrounding the 19th-century farmhouse, and the approximately 210 White Amberlink chickens roaming freely ahead of us. In their midst, stands the Kuku Ganda, a mobile trailer that Jo designed and the headquarters of those happy hens.

"Kuku Ganda is a family term meaning chicken tractor," says Jo. "We move it every few days so that, a bit like tractors, the chickens progressively work the land by scratching about, eating parasites and fertilising the soil with their litter."

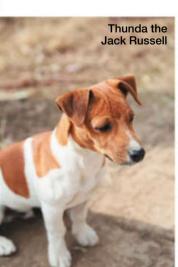
The birds enter and exit the trailer at will during the day. At night, they're shut safely inside, perching on wooden railings. Jo recalls when the hens, cagereared and aged 19 weeks, arrived a year ago. Each had to be picked up at dusk, taken inside the trailer and taught to perch. "It was chaos initially – we'd get one inside and others would dash out! But, now, as darkness falls, they go in of their own accord."

Laying boxes inside the trailer slope slightly so that the eggs, around 200

a day, roll onto a conveyor belt. I'm surprised to learn that free-range hens produce fewer eggs than those confined to cages. Jo explains that at large commercial farms, artificial lighting induces hens to lay more frequently. Another surprise is that, like those battery chickens, the Amberlink hens need a commercial feed. "It comprises 90 per cent of their diet. Grains and bugs that they scratch up make up the rest," says Jo. "I tried making my own food, but didn't get it right and they stopped laying."

Recently, Jo acquired Buff Orpington chickens, a dual-purpose breed (for meat and eggs) said to not require commercial food. That would be in line with one of Jo's key principles: to produce pure, natural food in a humane way. Of all farmed animals, she emphasises, chickens have the hardest life. "They're born in incubators, dropped off conveyor belts, debeaked, boxed, shipped off to buyers, then caged until they're slaughtered."

To mark World Egg Day on 9 October, Jo anticipates the arrival of her second Kuku Ganda and another 250 hens at point of lay. It won't be before time – Jo's waiting list of customers numbers around a dozen. Among her major buyers is Jackson's Real Food Market in Bryanston. Owner, Gary Jackson, is fastidious about checking the provenance of the food he sells. "A group called Compassion in World Farming works closely with him. They put the two of us in touch," says Jo.



















Another important customer is Jo's 'neighbour' - the family-run Oaklands Country Manor, about an hour's drive away in Van Reenen on the Free State/KwaZulu-Natal border. "We've known Jo and Terence for years," says Annie Barnard, Oaklands' front of house and functions manager. "We met through polo." The game is one of many sporting activities offered at Oaklands. It was established there by the late Sir Jamie Bruce-Clifton, husband of Caroline, who continues as proprietor supported by her sisters, Annie and Kathy Romer-Lee, and brother, Simon Tully.

Setting aside the polo, the magnificent scenery and entourage of Great Danes - whose regal demeanour as they recline on couches suggests they're the real owners of the place ("They're photographed to death!" quips marketing manager, Simon) what distinguishes Oaklands is its cuisine. "People often pop in en route from Johannesburg (a three-hour trip) to Durban just for Sunday lunch," says Simon. "Cooking and hospitality is in our family's genes," he adds. "Our great aunt, Phyllis Pennefather-Evans, cooked for the Duke of Kent and Princess Marina and our parents ran the Blue Mountain Inn at Teyateyaneng in Lesotho. Our mother, Mabel, entertained furiously."

By default then, the siblings are enthusiastic cooks. The most accomplished of them, though, is general manager, Kathy, an executive chef whose culinary flair is behind the seasonal menu that's based on top-quality ingredients. "It's not always easy out here in the 'bush'," says Annie. "But we're committed to sustainability and buying locally produced, ethically farmed food. Guests increasingly recognise how important that is. It is also why we buy our eggs from Jo. Her standards match ours and her farming methods are entirely natural."

While eggs won't necessarily play a starring role at Oaklands on World Egg Day, the kitchen team, led by head chef, Johnson Ndlovu, marked the occasion in advance by whipping up five eggbased dishes. All were exceptional! If one had to choose a winner though, it would have to be the humble egg. The recipe is straightforward: take a humanely

produced egg and combine it with a talented chef. The result? A gourmet meal. Oaklands Country Manor, 30km from Harrismith, near the border of KwaZulu-Natal and the Free State; 079-529-2314; oaklands.co.za. Contact Jo Spilsbury on 082 319 4303

Asparagus and Parmesan-crusted deep-fried eggs
Serves 4 EASY 20 mins

THE FLAVOUR COMBINATIONS

8 free-range eggs
4 slices white bread, crumbed
125g Parmesan, grated + extra,
to serve
handful fresh
1 egg, beaten
16 - 20 asparagus spears
butter, to toss
juice of 1 lemon

red onion slices, to serve

HOW TO DO IT

- 1 Soft-boil the 8 free-range eggs then place in cold water to cool. Once cool, peel off the shells, pat dry and set aside.
- 2 Combine the breadcrumbs, Parmesan, parsley and thyme and season to taste.
- 3 Roll the soft-boiled eggs in the flour, then in the beaten raw egg and, finally, roll in the Parmesan breadcrumbs to coat. Refrigerate until ready to fry.
- 4 Blanch the asparagus in boiling salted water, 2 minutes, drain and toss in the butter and lemon juice. Season to taste.
- 5 Place the asparagus spears on a plate and cover with cling film to keep warm while you deep-fry the Parmesan eggs.
- 6 Heat the oil in a deep-fryer or deep pot to 100°C. Fry the eggs until golden brown, 2 3 minutes. Remove from oil and drain on paper towel.
- 7 Divide the asparagus among 4 plates. Top the asparagus with 2 deep-fried eggs each. Sprinkle with Parmesan and parsley and serve with a side of red onion slices.

Eggs Benedict Serves 6 EASY 30 mins

THE FLAVOUR COMBINATIONS

30ml (2 tbsp) white wine vinegar 6 free-range eggs, at room temperature

HOLLANDAISE SAUCE

225g butter, cubed
60ml (1/4 cup) white wine vinegar
1 small shallot/onion, peeled and
very finely chopped
10 black peppercorns
1 bay leaf
3 free-range egg yolks
pinch sea salt flakes
pinch castor sugar

24 (1 large bunch) spinach leaves 6 large black mushrooms, each topped with a knob of butter and placed under the grill for 10 minutes 6 slices cooked gammon/ Parma ham 15ml – 30ml (1 tbsp – 2 tbsp) fresh chives, finely snipped

HOW TO DO IT

1 Fill a small pot to just over one-third full with cold water and bring to a boil. Add the 30ml (2 tbsp) white wine vinegar and reduce to a simmer. Crack the eggs, one at a time, into a small bowl and gently tip into the simmering water to poach, 2 – 3 minutes. Remove with a slotted spoon and plunge into iced water, then remove the eggs and place on paper towel to drain.
2 For the hollandaise sauce, melt the

2 For the hollandaise sauce, melt the butter slowly in a medium saucepan over low heat, stirring occasionally. Remove from heat and pour into a jug.





- 3 Add enough water to a medium saucepan to reach a third of the way up the sides. Bring to a boil, then reduce to a simmer.
- 4 Add the 60ml (1/4 cup) white wine vinegar, shallot or onion, peppercorns and bay leaf to a small saucepan over high heat, bring to a boil and cook until reduced to 30ml (2 tbsp) liquid, 1 2 minutes. Remove from heat.
- 5 Place the egg yolks in a heatproof bowl over the pan of simmering water. Whisk the egg yolks with the salt and sugar until pale. Pour the vinegar mixture through a fine sieve onto the yolks and continue whisking until well combined. Slowly add the butter in a steady stream, whisking constantly, until the sauce is smooth, thick and shiny.
- 6 Gently wilt the spinach.
- 7 Divide the mushrooms among 6 plates. Top with a slice of cooked gammon or Parma ham, wilted spinach, an egg and a dollhollandaise sauce. Garnish with chopped chives to serve.

Red masala curried eggs with naan bread Serves 6 EASY 35 mins

THE FLAVOUR COMBINATIONS NAAN BREAD

200g cake flour + extra, to dust
100g bread flour
5ml (1 tsp) sugar
7,5ml (1½ tsp) instant yeast
7,5ml (1½ tsp) salt
100ml milk
100ml water
60ml (¼ cup) plain yoghurt
30ml (2 tbsp) ghee/butter/vegetable
oil (the ghee/butter must be melted)

RED MASALA CURRIED EGGS

6 free-range eggs 30ml (2 tbsp) coconut oil small handful fresh curry leaves 5ml (1 tsp) fennel seeds 250g onions, peeled and sliced 2 dried chillies, torn into pieces 4cm ginger, peeled and finely chopped 4 garlic cloves, peeled and crushed 5ml (1 tsp) ground coriander 5ml (1 tsp) ground cumin 5ml (1 tsp) chilli powder 5ml (1 tsp) ground black pepper 2,5ml (1/2 tsp) turmeric 400g tomato passata 5ml (1 tsp) salt

handful fresh coriander, to serve

HOW TO DO IT

- 1 For the naan, sift the flours, sugar, yeast and salt into a large mixing bowl.
- 2 Warm the milk and water together in a small saucepan to 38°C.
- 3 Add the yoghurt and melted ghee, butter or oil to the dry ingredients, followed by the warm milk and water mixture. Gradually mix together, adding a little more warm water if necessary.
- 4 Turn out the dough onto a lightly floured surface and knead until smooth, 5 minutes. Place the dough in a clean bowl, cover and leave in a warm place to double in size, up to 1 hour.
- 5 Turn the dough out onto a lightly floured surface and knead until smooth. Divide into 6 even-sized pieces. Roll out the first piece of dough thinly into a tear-drop shape. Repeat with the remaining dough balls.
- 6 Heat a large frying pan over mediumhigh heat and drop the naan into it.

 Don't use oil. When it starts to puff up, turn it over. The total cooking time will be about 5 minutes. Place on a warm plate, cover with a tea towel and continue cooking the remaining naan.
- 7 For the masala eggs, bring a pot of water to a boil, add the eggs and

cook, 7 minutes. Drain and run under cold water before peeling.

8 Heat the coconut oil in a heavy-based frying pan or karahi over medium heat. Add the curry leaves and fennel seeds and fry, 30 seconds. Add the onions and fry until softened and golden brown, 10 minutes. Add the dried chillies, ginger and garlic and fry for a further 2 - 3 minutes. Stir in the ground coriander, cumin, chilli powder, black pepper and turmeric, and fry for 30 seconds. Add the tomato passata and salt and simmer until rich and reduced, about 10 minutes. Add the whole eggs, put a lid on and simmer for 4 – 5 minutes to heat the eggs through. 9 Garnish with coriander and serve

COOK'S TIP

For garlic-butter naan, mix 50g melted ghee or butter with 2 crushed garlic cloves and spread over the warm naan breads before serving.

Courgette frittata Serves 4 EASY 20 mins

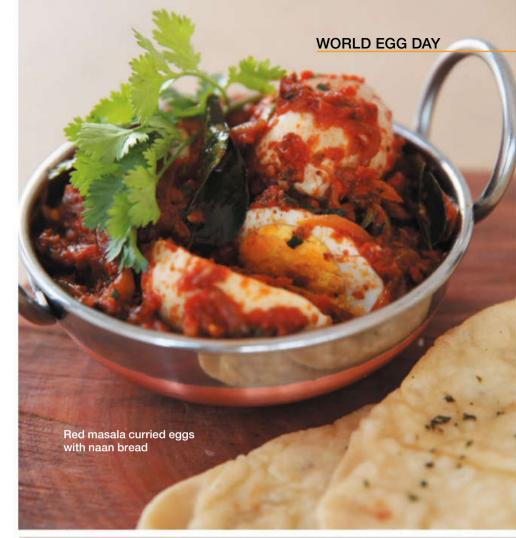
with the warm naan bread.

THE FLAVOUR COMBINATIONS

4 sprigs fresh thyme, chopped salt and freshly ground black pepper, to taste 90ml olive oil 1 red onion, peeled and thinly sliced 1 garlic clove, peeled and thinly sliced 1 tomato, seeded and diced 1 large courgette, grated handful baby spinach 4 slices streaky bacon, fried and chopped 5 free-range eggs knob butter

HOW TO DO IT

- 1 Make a herb seasoning by combining the thyme and salt and pepper.
- 2 Heat 30ml (2 tbsp) of the oil in a frying pan over medium heat and sauté the onion and garlic until soft. Add the tomato, courgette and, lastly, the baby spinach and cook, 2 3 minutes. Add the thyme seasoning and remove from heat. Stir in the chopped bacon.
- 3 Break the eggs into a bowl and beat well. Add the warm ingredients from the pan and fold together.





- 4 Return the frying pan to the stove top and drop in the remaining olive oil and a knob of butter. Pour in the frittata mixture and stir for a couple of moments as it begins to set. Cook on the lowest heat until just set.
- 5 Turn out onto a platter and serve. Delicious as a lunch dish!

Frozen lemon meringue parfait with berry coulis

Serves 6 EASY 25 mins + freezing time

THE FLAVOUR COMBINATIONS LEMON PARFAIT

250g sugar 8 free-range egg yolks, beaten zest of 1 lemon 80ml (½ cup) fresh lemon juice 10ml (2 tsp) hot water 500ml (2 cups) fresh cream, whipped

MERINGUE

6 free-range egg whites 2,5ml (½ tsp) vanilla essence 1,25ml (¼ tsp) cream of tartar 90g sugar

BERRY COULIS

250ml (1 cup) water 250g sugar 250g frozen berries, thawed

fresh mint, to garnish

HOW TO DO IT

1 For the parfait, mix together the 250g sugar, eggs, lemon zest and lemon juice in a bowl over boiling water and whisk to ribbon stage, gradually adding the hot water. Whisk constantly until thick. Remove from

heat and whisk until cold and firm. Fold in the cream and pour into 6 freezer-proof ramekins. Place in the freezer to freeze completely, at least 4 hours.

- 2 Preheat the oven grill.
- 3 For the meringue, beat the egg whites with the vanilla essence and cream of tartar to soft peaks. Gradually add the sugar, beating until stiff and glossy. Pipe or spread this mixture on top of the frozen base. Place under the grill or
- use a blowtorch to brown. Return to the freezer until ready to use.
- 4 For the coulis, make a sugar syrup: add the water and sugar to a saucepan and bring to a boil. Reduce the heat and cook over medium heat, not stirring at all, until the sugar has dissolved and it has reduced to a syrupy consistency.
- 5 Blend the berries with a stick blender then mix with the sugar syrup.
- 6 Unmould the parfait and serve with the berry coulis, garnished with fresh mint.









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BOO! HALLOWEEN Lurch's sticky bat wings Serves 6 EASY 1 hr THE FLAVOUR COMBINATIONS 250ml (1 cup) pomegranate juice Evil Queen's crown roast of pork with sultana-stuffed apples 125ml (1/2 cup) light soya sauce 15ml (1 tbsp) molasses/honey 30ml (2 tbsp) fresh ginger, peeled and finely grated Serves 6 – 8 A LITTLE EFFORT 2 garlic cloves, peeled and 2 hrs 30 mins crushed 160g dark brown sugar THE FLAVOUR COMBINATIONS pinch dried chilli flakes 2 racks (about 2kg - 3kg/16 ribs) 2 star anise pork ribs, French-trimmed (ask 24 chicken wings, trimmed your butcher to do this for you) 60ml (1/4 cup) olive oil **HOW TO DO IT** 30ml (2 tbsp) fennel seeds Preheat the oven to 180°C. 3 – 4 fresh sage leaves, chopped sea salt and freshly ground black 2 In a small saucepan over medium pepper, to taste heat, combine all of the ingredients except the chicken wings - and **BAKED APPLES** simmer until reduced and slightly 6 - 8 apples thickened, about 30 minutes. Remove 75g sultanas from heat and allow to cool slightly. 45g butter 3 Toss the chicken wings in the 3 - 4 fresh sage leaves, chopped sauce then place in a large roasting honey, to drizzle dish and cook in the preheated oven, **HOW TO DO IT** 20 minutes. Turn the wings and roast for a further 10 minutes until tender 1 Preheat the oven to 150°C. and sticky. 2 Using a larding needle or skewer, prepare the pork roast by threading kitchen twine through the one end of the pork rack and then through the end of the second pork rack and tie together. Repeat on the other side to 5 Combine the sultanas, butter, bring the two racks together to form sage and honey and season well, a crown. Rub with the olive oil. then stuff into the centre of each 3 Grind the fennel seeds, sage, salt apple. Replace the tops of the and pepper together and rub all over apples and drizzle with honey. 6 Increase the oven temperature the meat. Place on a rack in a large roasting tin and roast, 1 hour. to 180°C, place the apples in the 4 In the meantime, make the baked roasting tin with the pork, and roast apples. Cut the tops off the apples for another 30 minutes until golden then remove the cores, keeping the and the internal temperature of the tops aside. pork is 160°C. Remove from oven and allow to rest, at least 20 minutes, before cutting off the string and serving with the apples and pan juices. **ENTERTAINING OCTOBER 2015**









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THE (lové léttér) BAR

CREATIVE COCKTAILS
ARE TAKING OVER THE
DRINKING SCENE – AND,
THIS MONTH, WE GET
EVEN MORE INGENIOUS
BY SUBTRACTING THE
ALCOHOL AND ADDING
A LITTLE MORE FLAIR

By CHEVAUN ROUX Recipes by CARETH WAINWRIGHT Styling by LINDA BEAN Photographs by DYLAN SWART Breakfast of champions (see recipe on page 68) molecular spectacle like no other, The Landmark, quite literally, breathes renewed life into the world of cocktails. Forget pink drinks, paper umbrellas and heart-shaped pineapples – it's time to open your mind to a new drinking culture and the possibilities that come with these innovative cocktails.

Gareth Wainwright, Beverage Director at The Landmark, has a team of nine (soon to become eight, as he loses one of his barmen, Caid Aspden, to one of the top 10 bars in London), who have all trained under him and can, unquestionably, be considered expert bartenders.

"I hired my guys based purely on their personalities and wanted them to start on a clean slate – that way you eliminate the possibility of egos and bad habits..." – a philosophy that carries through in the ambiance of the bar. The high-quality standard, set in motion by the staff, is evident both in drinks they serve and the service you receive.

The Landmark is so named because of Gareth's dream to create a 'marker' in the drinking scene; a watering hole, so to speak, with class and prestige. Gareth admits to the 'cockiness' of this name. but justifies it in his philosophy to unite Johannesburg with the drinking culture he envisions. "In order to make this work, I need to prove to the people of Joburg that we, the people, have great palates, are well-travelled and know what's out there. If I serve something of an international standard here, people have the culture to realise how good it is, and continue to make a good thing grow." But, with a South African flavour to it? "Of course! I don't want to do what they do in New York over here; I want to replicate the same style but with our own brilliant local brews."

Gareth has been in the industry for over 15 years and, so, has seen it form and grow with time. The crafting culture is here now and there is no better moment in social behaviour to



concentrate on growing a philosophy just like Gareth's. The Landmark is connected to the new Café del Sol Botanico (read all about it on page 84), the sister restaurant of the famed and original Café del Sol in Olivedale. "Working with Café del Sol was not my first offer to open a bar, but I wanted to work with them because of their attitude towards food and hospitality. It drives our accountants mad because we decide to buy whatever we need first to make the best possible thing we can... and then we worry about the bills!" Gareth knew that the focus on superior quality would always be there and, in order to fulfil his dream of getting the Johannesburg cocktail scene up there with the best in the world, he needed partners who were willing to go the extra mile with them.

I asked Gareth how he feels about making virgin cocktails. "The answer is two-fold," he replies. "The first comes from my head and the other from my heart." His head is logical and validates the no-alcohol rule: "Virgin cocktails do have a place here, in that there are too many people whose lives have been cut short because of drinking and driving, and other bad social habits. There are

ways and means that one can create virgin cocktails without thinking that you take the exact same cocktail and just drop the booze."

Gareth and his team try to use techniques and flavours that are not inferior and do not discriminate. "It's sloppy on behalf of the bartender to sit back and say, 'The only way I can make you happy is by getting you drunk." The nice compromise is low-octane cocktails, and this is where Gareth's heart starts to pipe up: "My heart tells me that I love the way different alcohols add flavour and taste to any drink - that's the essence of my molecular creativity." Either way, these guvs love a challenge - all you have to do is describe your ideal flavour palate (alcoholic or not) and they will rustle up something to suit your style.

Gareth romantically refers to The Landmark as his 'Love Letter' Bar: "It is my little love letter to old Joburg – the old libraries, the old tramcars, the old lifestyle. For me, there is nothing better than having the feeling that you're back there – like you're drinking a cocktail from 1930, listening to the music of the time and your bartender is wearing a waistcoat with suspenders. It gives you prominence and context."



Breakfast of champions

Cocktails were once 'tonics for the morning' to soothe nasty hangovers.
This is at least a cocktail you can have before work – a twist on the classic Breakfast Martini by one of the world's greatest bartenders, Salvatore Calabrese Serves 4 EASY 10 mins

THE FLAVOUR COMBINATIONS

90ml orange marmalade 200ml fresh orange juice 15ml (1 tbsp) sugar 60ml (1/4 cup) fresh lemon juice ice, to fill

orange peel, to garnish 4 toast fingers, buttered, spread with marmalade and topped with an orange slice and halved gooseberries, to serve

HOW TO DO IT

1 Combine the marmalade, orange juice, sugar and lemon juice in a large cocktail shaker filled with ice. Shake and strain into chilled, stemmed cocktail glasses.

2 Garnish with the orange peel and serve with a toast finger.

Apple and cucumber Mary Serves 4 EASY 5 mins



THE FLAVOUR COMBINATIONS

1L (4 cups) apple juice
1 cucumber, blended to a purée
60ml (1/4 cup) fresh lemon juice
4 grinds coarse salt
4 grinds black pepper
8 dashes Worcestershire sauce
8 dashes Tabasco
15ml (1 tbsp) creamed horseradish

TO SERVE

ice

fresh herbs of your choice cucumber slices and ribbons orange peel

HOW TO DO IT

1 Combine all of the ingredients in a large glass jug. Pour the mixture back and forth from the jug into either another separate jug or a container







1 For the pinot noir syrup, pour the wine into a large pot and gently simmer to cook off the alcohol over medium heat, about 20 minutes. The wine must never boil! Add the sugar and stir until dissolved. Remove from heat and allow to cool. Bottle and refrigerate – it will last up to 3 weeks.

ice from the shaker and return the liquids to the shaker. Seal and shake without ice. Pour the liquids into chilled cocktail glasses. Top with the beaten egg whites, garnish with a small rosebud and drizzle with extra syrup to decorate.





FOR SING FLAVOUR

AWARD-WINNING YORKSHIRE-BORN CHEF, CHARLIE LAKIN, HAS PUT HIS NATURE-INSPIRED STAMP ON 9TH AVENUE BISTRO, INCORPORATING AFRICAN FLAIR IN HIS FAVOURITE CHILDHOOD DISHES

By TRACY GIELINK Recipes by CHARLIE LAKIN Photographs by CLINTON FRIEDMAN



harlie Lakin – because he does not resemble a Charles – looks like he stepped off his Harley Davidson and out of *Hairy Bikers*. Yet his television coup d'état was the BBC's Great British Menu, where he made two appearances. He is formidable in size only and his unruly hair is underscored by a ready grin and thick Yorkshire accent that is surprisingly easy to understand.

Towards the end of last year, the inimitable chef moved to Durban with his South African wife and was snapped up by one of the city's top restaurants, 9th Avenue Bistro. Hardly surprising, as he held the Michelin Star Rising award in 2009 for three years and was awarded three AA rosettes in 2013/14. Charlie seems like a dichotomy. With a penchant for hard rock and a soft spot for his two daughters, his Yorkshire background has instilled an innate love for the bounty of nature.

"I've been foraging pretty much my whole life. It used to be a family day out — we would pack a picnic and head out to the moors to pick bilberries and gorse, or to the wood to pick wild strawberries and other forest fruit for jams and my dad's home-made wine. We would pick mushrooms when gathering the cows for milking, then fry them up on a camping stove in the milk shed for breakfast.

"As I've gotten older, I've expanded my knowledge and made it a big part of my

style of cooking. As with offal, it brings great variety to a menu and such amazing flavours. I even got to the point in the UK where I used foraged seeds in place of common spices. The joy of foraging is the connection you get with Mother Nature, seasons and your surroundings. You grow more respect for the land when you start looking at it as a supermarket."

Although his favourite food used to be a giant Yorkshire pudding filled with stew, he concedes it has probably been replaced by his wife's bobotie accompanied by his father-in-law's chilli pickle and a good dollop of Mrs Ball's Chutney. Charlie admits that wrapping his head around the different cultures in Durban has been his biggest challenge in relocating but, very quickly, he started incorporating local elements into his food... like trading risotto balls for duck liver and samp arancini, which he serves with a pecan mayonnaise, pickled quince and foraged leaves (nasturtium, dandelion, pennywort and chickweed tips). He has even given one of his childhood favourites. toad in the hole, a South African slant by using wildebeest sausages and teaming them with onion gravy and baked turnip.

Charlie has a predilection for comfort food, and dishes and flavours from his youth are given classic French treatment. His childhood set him on the path to inadvertently follow the nose-to-tail philosophy and his unctuous roast pork cheek – perched victoriously on bubble and squeak, then topped with a poached egg and a slab of crackling – is inspired.

"I've always loved offal. I remember when I was a bairn (boy), me [sic] old man would buy a load of lamb liver, kidney and hearts, chop it all up, fry it up with some onions and have it with a loaf of crispy bread and English mustard. I was the only other person who ate offal in the house, so there was always a little plate for me... a proper 'father 'n son' memory," Charlie reminisces. "When I started doing my own butchering of whole animals, it became a big part of my cooking, as I would get it fresh from the abattoir and it was a shame not to make the most of it. I do think, when customers are more confident in the food you cook, they become more willing to try different things, like pigs' trotters, tails and all them [sic] other juicy bits. I find the [9th Avenue Bistro] tasting menu is a great way to introduce customers to such ingredients."

His salt-of-the-earth nature is typified by the elegant simplicity of shoulder of lamb hotpot, pickled red cabbage and roasted root vegetables. With dessert, Charlie, once again, plays tribute to his roots with the traditional Yorkshire dish of ginger parkin that his mother used to bake, but he's chosen to serve it with roast apples and golden-syrup ice cream.

His recent musings have centred on the best treatment for rabbit tongues so, when asked what he wished we would see more of on menus, his response is unexpected. "Even though I do cook a lot of the stranger parts of an animal, I also enjoy cooking vegetarian food, which is something I would like to see more of on menus – interesting veggie dishes and more choices; not just boring salads and the safe option of risottos. I always thought it would be a great restaurant concept to have a vegetarian menu and serve meat and fish as sides.

"I don't have a favourite ingredient.
I get as excited about a great fresh turnip or other humble ingredients as I do over a good loin of venison or spankingly fresh fish... but I refuse to use glacé cherries – they really are just wrong in every way!"
9th Avenue Bistro, Shop 2,
Avonmore Centre, 9th Avenue,
Morningside, Durban;
031-312-9134; 9thavenuebistro.co.za

Roast pork cheek, bubble and squeak and poached egg Serves 4 EASY 4 hrs

THE FLAVOUR COMBINATIONS

2 pork cheeks salt, to rub cake flour, seasoned, to coat

BUBBLE AND SQUEAK

4 large potatoes
8 rashers streaky bacon, sliced
into strips
1 onion, peeled and chopped
splash oil
1 small savoy cabbage, shredded
salt and freshly ground black
pepper, to taste

4 eggs splash vinegar

rocket, to serve



HOW TO DO IT

- 1 Preheat the oven to 140°C.
- 2 Remove the fat and gristle from the insides of the cheeks, leaving you with a nice layer of meat, white fat and rind. Score the rind with a sharp knife and rub with salt. Place in a heavy-based ovenproof dish and cook in the oven until tender, 3 hours. Remove from oven (leave the oven on at 180°C) and refrigerate to cool. This can be done a day in advance. 3 For the bubble and squeak, boil the potatoes until fork tender. Drain and roughly mash the potatoes some lumps are fine.
- 4 Add the bacon strips to a heavy-based frying pan, along with the onion and a splash of oil, and fry over medium heat until the onions are golden.
- 5 Cook the shredded cabbage in a pot of boiling salted water, 2 minutes. Add the cooked cabbage to the onion and bacon mixture and continue to cook, 2 minutes. Add the mashed potato and keep frying, scraping any bits that catch on the bottom of the pan into the mix (this is the tasty bit!). Season and set aside until needed.
- 6 Remove the rind from the pork cheeks, cut into 4 pieces and place in the preheated oven for a nice crispy crackling, about 15 minutes.
- 7 Slice the meat of the cheek into 1cmthick pieces, coat with the seasoned flour and fry on both sides in a frying pan over medium heat in a little oil until crisp and golden, about 5 minutes on each side.
- 8 Poach the eggs in vinegar water.
- 9 Divide the bubble and squeak among 4 plates and top with some pork-cheek slices, an egg and some crackling. Serve with a side of fresh rocket.

Shoulder of lamb hotpot, pickled red cabbage and roasted root vegetables
Serves 6 EASY 4 hrs 15 mins

THE FLAVOUR COMBINATIONS PICKLED RED CABBAGE

1 large red cabbage, finely shredded salt, to sprinkle 300ml red wine vinegar 100g light brown sugar 100ml red wine

- 1 cinnamon stick 4 fresh bay leaves 8 cloves
- 2,5ml (1/2 tsp) dried chilli flakes

LAMB HOTPOT

2kg shoulder of lamb, bones removed (and kept aside) and cut into 2cm slices salt and freshly ground black pepper, to taste 1 large onion, peeled and sliced 10ml (2 tsp) fresh rosemary, chopped 500ml (2 cups) chicken stock 6 large potatoes, peeled and thinly sliced 6 large carrots, peeled and thinly sliced

ROASTED ROOT VEGETABLES

4 large carrots, peeled and chopped into large pieces 4 large parsnips, peeled and chopped into large pieces 4 large turnips, peeled and chopped

into large pieces 50g butter/duck fat 3 sprigs fresh thyme

HOW TO DO IT

- 1 For the pickled red cabbage, sprinkle the shredded cabbage with salt and set aside for 3 hours.
- 2 Place the vinegar, sugar, wine, spices and 200ml water in a pot and bring to a boil. Wash the salt off the cabbage and place in a large bowl. Pour the boiling vinegar over the cabbage to cover. Refrigerate to pickle, at least 2 hours the longer you can leave it, the better. It will make a lot more than required but it will keep for at least 6 months in an airtight jar in the fridge. I have had batches jarred and forgotten about for 2 years and they have tasted amazing! 3 For the lamb hotpot, preheat the oven
- to 140°C. Season the lamb slices well. 4 Add the onion, rosemary and chicken
- stock to a pot and bring to a boil.

- 5 Place a couple of layers of potato slices in the base of an ovenproof dish. Top with a bit of stock and onions, then add a layer of carrots and season well to taste. Follow with a couple more layers of potato, stock, then a layer of lamb. Repeat the layers 3 times, then finish with a couple of layers of potatoes. Place the bones on top and any remaining stock, then cover with a lid or foil and place in the preheated oven to slow-cook, 3 hours.
- 6 For the roasted root vegetables, place everything on an oven tray. Cover with foil, place in the oven with the lamb (30 minutes before the end of the 3 hours) and cook until the vegetables are tender and sweet, 11/2 hours.
- 7 Remove the lid from the lamb dish and take out the bones. Return to the oven for 1 hour (it should have cooked for 4 hours in total), by which time the lamb will be tender, the stock will be



absorbed into the potatoes and it will be golden on top.

8 To serve, cut out 6 portions of the hotpot and plate with a pile of the vegetables and a good spoonful of pickled red cabbage.

Baked ginger parkin, roast apples and golden-syrup ice cream Serves 6 EASY 2 hrs

THE FLAVOUR COMBINATIONS GOLDEN-SYRUP ICE CREAM

300ml fresh cream 300ml milk 5 egg yolks 200g golden syrup

BAKED GINGER PARKIN

200g butter
200g dark brown sugar
100g black treacle/molasses
200g golden syrup + extra, to serve

200g self-raising flour pinch salt 150g porridge oats 15ml (1 tbsp) ground ginger 2,5ml (½ tsp) mixed spice 2,5ml (½ tsp) ground nutmeg 2 eggs 40ml milk

ROASTED APPLES

30g butter
2 Fuji/soft apples, peeled, cored and cut into wedges
50g sugar
1,25ml (1/4 tsp) mixed spice

HOW TO DO IT

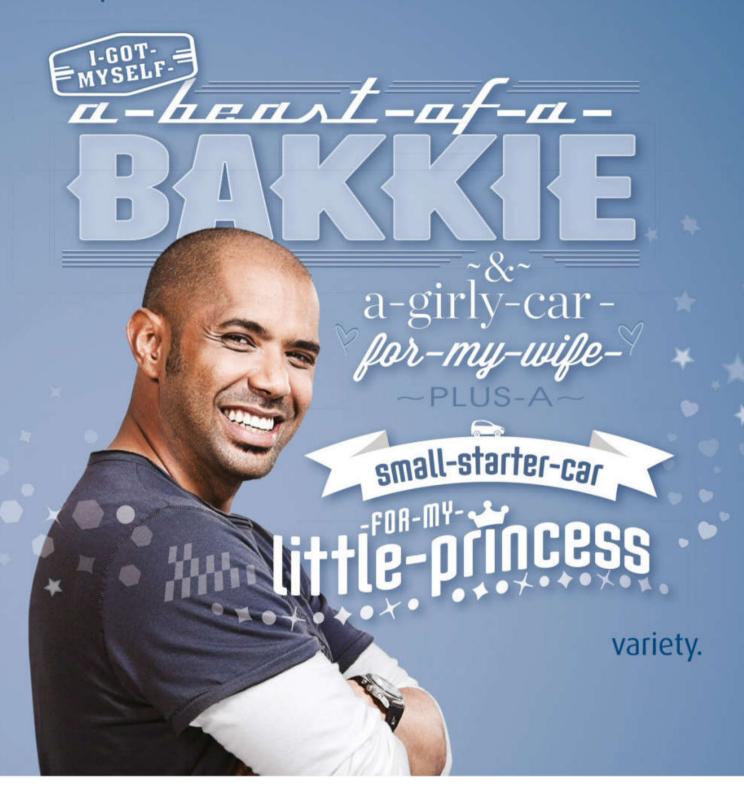
- 1 For the golden-syrup ice cream, bring the cream and 300ml milk to a boil. Remove from heat.
- 2 Whisk the egg yolks and 200g syrup together, then add the cream and milk mixture. Return to the heat and cook until the mixture lightly coats the back

of a spoon, about 2 minutes. Do not let it boil. Remove from heat and set aside to cool before placing in an ice-cream machine and churning according to manufacturer's instructions. Place in the freezer and save until needed. If you do not have an ice-cream churner, place the mixture in a freezer-proof container and put in the freezer. Remove every hour and beat until smooth. Repeat this process at least 7 – 8 times then leave in the freezer until frozen.

- 3 Preheat the oven to 160°C. Place the 200g butter, dark brown sugar, black treacle or molasses and 200g syrup in a heavy-based pan over low heat and cook, 10 minutes. Remove from heat.
- 4 Mix together the flour, salt, oats and spices and add to the sugar mixture. Beat until smooth. Add the eggs and 40ml milk and mix to combine.
- 5 Grease a 20cm-square cake tin, pour the mixture in and bake in the oven until a skewer inserted into the centre comes out clean, 50 minutes. Remove from the tin and set aside to cool. Parkin is a lot like fruit cake - it improves in flavour and texture the longer you keep it. If properly stored (wrapped in cling film in a tin and kept in a cool room), it will keep for up to 1 month. 6 For the roasted apples, heat the 30g butter in a frying pan over medium heat. Add the apples, 50g sugar and mixed spice and cook, turning regularly, until the apples are golden and soft, about 20 minutes.
 - 7 To serve, cut into your desired portion sizes from the parkin and reheat. Serve with a side of roasted apples, a generous scoop of golden-syrup ice cream and a drizzle of golden syrup.



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JENNIFER MARIANI GIVES US A HANDY STEP-BY-STEP MASTERCLASS IN MAKING THE PERFECT GNOCCHI

By TARYN DAS NEVES Recipe and styling by CLAIRE FERRANDI Photographs by ANNALIZE NEL



asterChef, Ultimate Braai Master, Clover's Little Big Cook Off and The Great British

Bake Off are just some of the current TV shows that have encouraged the amateur, cookat-home chef to take bolder steps in the kitchen. More than ever, the culinary arts are not just for big-time celebrity chefs, but are achievable for the average cook. It's no surprise, then, that little ones and teenagers are becoming increasingly inspired to take on a more key role in their family meal times.

This month's Junior Chef is Jennifer Mariani, a 15-year-old who attends Edenvale High School, where she is, of course, top of her class. Besides concentrating on her academics, she also plays tennis and dapples in freestyle- and disco dancing; and, while

anything chocolate will get her into the kitchen, she hopes to become a doctor one day so she can help others.

With a beaming smile and looks with Italian flair, Jen tells me that her Italian heritage comes from her mom's side, where she has family in the Province of Foggia. "Like any Italian, I love prawns and pasta," she says. "I also like to spend time in the kitchen with my nonna [grandmother], especially baking anything with chocolate!"

Jen loves to watch cooking shows like MasterChef and has "a real respect for the contestants". She also loves Jamie Oliver and SA's very own Reuben Riffel. "If I had to describe myself as an ingredient, it would be salt – no dish is complete with out it!" she laughs. But pin her down to a dish she could eat every day if stuck on a desert island and it has to be deliciously simple spinach and feta cannelloni – that or her gran's eggy pasta.

Inspired by our Mediterranean issue and her Italian heritage, Jen shows us how to prepare traditional potato gnocchi – "just the way Nonna makes it"!

Potato gnocchi with sage burntbutter sauce

Serves 4 A LITTLE EFFORT 45 mins

THE FLAVOUR COMBINATIONS

250g butter small handful fresh sage leaves, some torn and others left whole juice of ½ lemon salt and freshly ground black pepper, to taste 4 medium potatoes, boiled for 30 minutes until tender 220g cake flour + extra, to dust 5ml (1 tsp) salt 2 large eggs 45ml (3 tbsp) olive oil 100g butter

Parmesan shavings, to serve

HOW TO DO IT

- 1 For the sage burnt-butter sauce, heat the 250g butter in a frying pan over medium heat and cook until it begins to turn golden brown, about 4 minutes. Toss the sage leaves in the burnt butter and fry until the leaves stop bubbling, about 2 minutes. Remove from heat and allow to cool a little before seasoning with the lemon juice and salt and black pepper to taste. Set aside.
- 2 Once the potatoes are tender, drain them and cut in half. While the potatoes are still warm but cool enough to handle, scoop out the flesh, discard the skins and mash to a smooth paste.
- 3 Sieve the cake flour and salt into a medium bowl. Mix the mashed potato with the eggs, then add the cake flour mixture to the potato mixture. Mix to form a smooth dough, and knead gently for 30 seconds 1 minute.
- 4 Flour a clean work surface and divide the dough into 4 portions. Using the palms of your hands, roll each piece of dough into a long cylinder of about 2cm



1^23 masterclass





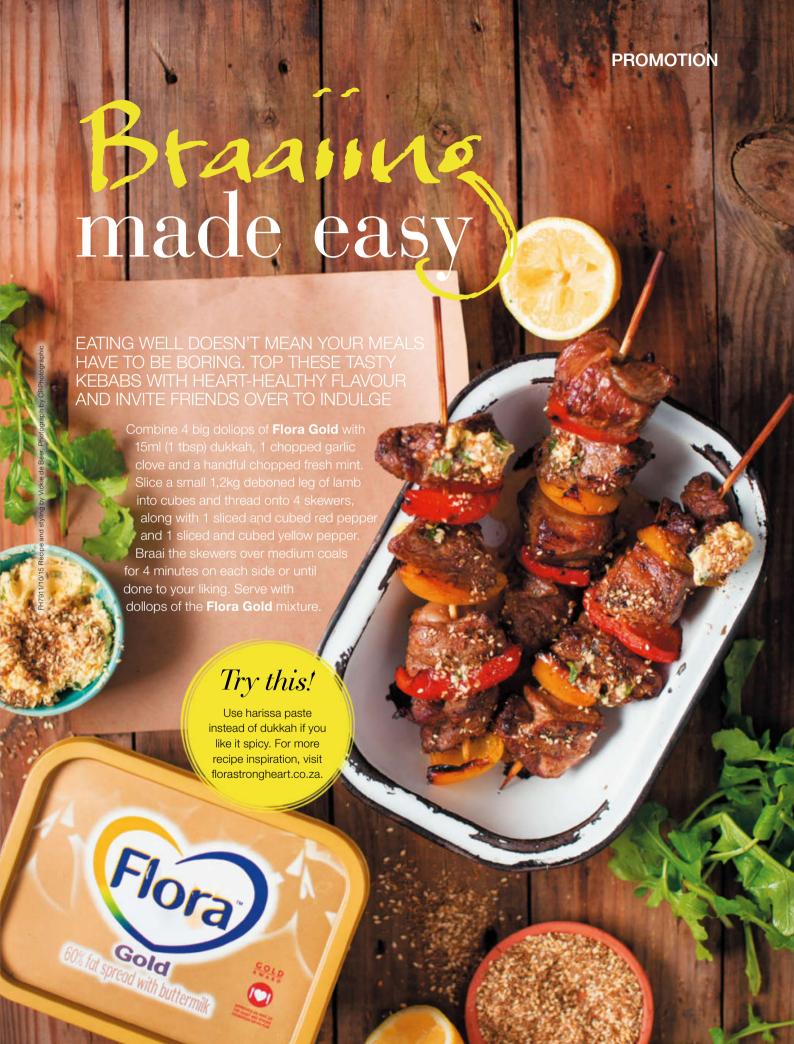




thickness. Using a sharp knife, cut 1,5cm pieces of dough to form gnocchi. Repeat with all of the cylinders.

5 Bring a large pot of salted water to a boil and boil the gnocchi until it floats to the top, about 1 minute and 30 seconds. Drain the gnocchi and drizzle with 30ml (2 tbsp) of the olive oil.

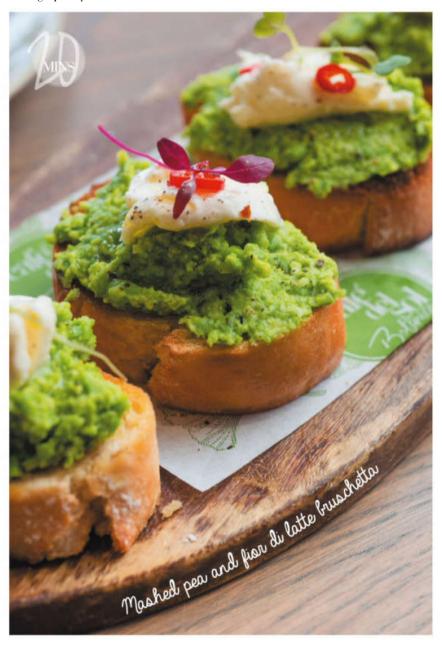
- 6 Heat the remaining olive oil and 100g butter in a large frying pan over very high heat. When the pan is hot, pan-fry the gnocchi in batches until golden on the outside. Season and set aside for a moment to rest.
- 7 Serve the pan-fried gnocchi tossed in the warm sage burnt-butter sauce and garnished with Parmesan shavings.



Naturally inspired

CAFÉ DEL SOL BOTANICO IN JOBURG IS SOPHISTICATED ITALIAN AT ITS BEST. WE JOIN THE WONDERFUL FOUNDING FAMILY FOR A TASTE OF THEIR HOMELAND...

By LISA VAN DER KNAAP Recipes by CHIARA VILJOEN Photographs by DYLAN SWART



ovalists to Café del Sol Classico – the hidden gem of an Italian restaurant tucked away in Olivedale – will have a hard time deciding which is their favourite, now that little-sister restaurant, Café del Sol Botanico, has opened up in Bryanston. The good news is there is no need to choose. That's because the family behind it - Luciana Treccani and her children, Chiara and Ryan Viljoen - have ensured that just the same amount of charm has gone into the second restaurant as the first. Although each space has its own unique feel and experience, Botanico is a fresh take on the original Café del Sol.

The story of Café del Sol starts with humble beginnings. "For years, whenever family and friends came over, they enjoyed my food so much that they kept saying I should open a restaurant. I started doing



catering, but my kids convinced me to open a restaurant," reminisces Mamma Luciana. For her children, Chiara and Ryan, the reason to join in the family business was slightly different. "We were both working in the corporate world, but yearned to do something that would touch people's hearts and leave a legacy. When

Mamma decided to open a restaurant, we knew this was our opportunity," interjects Ryan.

With its conservatory feel, living wall, water feature, calming, muted colour palette of greens and grevs, as well as botanical touches throughout the decor, Café del Sol Botanico is an inviting Italian eatery that exudes charm and sophistication. The sunlight streaming in transports you from the city to an elegant greenhouse, enveloped by bursts of greenery throughout: hanging air plants, flowers on the table, small trees and more. The warmth of the restaurant isn't just reflected in the interiors which came to life with the help of Taryn Constable from Design Vision. The initial concept and essence is thanks to the welcoming family behind it. For them, they wanted Botanico to be a fresh offering with a new level of inspiration.

"Café del Sol is all about doing small things with great love," says Chiara. The family focused on nature for Botanico, as it was their "step of growth",

after eight years of running Classico.

"As a society, we often take nature for granted, but nature is our biggest teacher. Everything is perfect in nature," says Chiara. "We all felt so strongly about this theme that we looked into the 'hidden language of flowers' and focused on 10 different botanicals with special Japanese meanings. Some flowers are thought to reflect

good luck, hope, love and prosperity and we commissioned a Cape Town artist to hand-design our napkins with these flowers – people always comment on how lovely they think they are," smiles Luciana.

The family even had a feng shui expert come in to harmonise the space.





"We wanted the yin and yang of the space to come out; that is why, from the beginning, we decided to incorporate The Landmark bar into the Botanico dining experience. In our mind, the bar is the masculine energy and the restaurant is the feminine one," explains Ryan. "The 'aperitivo' culture of having a drink before the meal is so important to Italians," adds Luciana. Bar manager

and partner, Gareth Wainwright, makes sure the drinks and snacks served at the bar incorporate different herbs to stimulate diners' taste buds before a meal. "The cocktail culture has exploded overseas and we wanted to create a similar culture here by bringing back cocktail favourites from

famous Joburg hotels in the 1920s. The cocktail menu, like the food menu, changes every three months and uses seasonal produce; the summer cocktail is a refreshing Limoncello and Campari lollipop, but there is also the '100 Club' a challenge to try a different cocktail every time you visit," says Gareth. (F&HE presented Gareth with a challenge of our own: to create five alcoholfree cocktails to celebrate the month of 'Ocsober' see the fabulous results and more on Gareth on page 66!)

Food industry aside, like any other successful business, all of their management works to their strengths. With his passion for cocktails, Gareth was the perfect choice for bar manager. Etienne van Schalkwyk likes to be on top of things so he is General Manager; Jene Morgan is very detail-orientated, so she is front of house; while Fabio Smargiasso oversees the kitchen. When it comes to the family, Ryan looks after finances and operations, while Chiara and Luciana work very closely with food design and training in both kitchens. But all three family members come up with new menu ideas and, luckily, all have the same

palate, thanks to their Italian heritage; they can all 'quality-control' dishes, so alternate between both restaurants.

With its indoor-atrium feel, come rain or shine, at Botanico, there's an Italian feast all year round. Understandably, the family brought across some of the most popular dishes from Classico, like the gnocchi and risotto. "That's why diners originally fell in love with Café del

Sol," says Ryan. "Most of our dishes at Classico were Northern Italian dishes, but, at Botanico, we've focused on Southern Italian dishes, which are much lighter as they utilise home-made stocks over cream," says Chiara. "Mamma's dishes are very traditional, while Chiara's take is much more

contemporary; modern fusion even," adds Ryan.

"Our food is modern and wholesome, but not fussy," says Luciana. The menu, today, for their family gettogether-cum-celebration includes four favourite dishes from home that are on their Summer Specials menu. It's a lunch for them and their management team to celebrate how well Botanico has done. "To start, the bruschetta with mashed peas, mint and fior di latte mozzarella is perfect for summer with its bright green colour, and the lemon really adds some zing and freshness," explains Luciana. "We grew up on artichokes. so the porcini mushroomstuffed artichokes definitely had to be included; as did Mamma's asparagus risotto... it's legendary," adds Chiara. Concludes Luciana: "Lamb is very typically Italian, so we opted for lamb rack with parsnip purée and

rosemary and mustard cream sauce, then a strawberry and black pepper semifreddo with fresh basil to keep things light and to end on a delicious note. The best way to eat is to have all the food in the centre of the table for everyone to have a taste of everything."

Café del Sol Botanico, Bryanston Shopping Centre, corner William Nicol and Ballyclare, Johannesburg; 011-463-0207; cafedelsol.co.za

Mashed pea and fior di latte bruschetta Makes 4 EASY 15 - 20 mins

THE FLAVOUR COMBINATIONS

540g fresh peas 80ml (1/3 cup) extra virgin olive oil + extra, to drizzle salt and freshly ground black pepper, to taste 2 dashes lemon juice, to taste 60g Parmesan, grated 1 rustic ciabatta loaf, cut into 1,5cm slices 2 garlic cloves, peeled



4 Top each bruschetta slice with an abundant tablespoon of pea paste. Finish with pieces of torn mozzarella, an extra drizzle of olive oil, a little salt and pepper and some fresh chilli, if desired. Garnish with crimson microherbs to serve.

Asparagus risotto

Serves 4 EASY 20 – 30 mins

THE FLAVOUR COMBINATIONS

40g leeks 120g onions, peeled 4 garlic cloves, peeled 150g butter salt and freshly ground black pepper, to taste 500g carnaroli/nano rice (available at select delis) 250ml (1 cup) white wine 1L (4 cups) vegetable stock 400g fresh asparagus, some diced and a few left whole, to garnish 200g Parmesan (halve this and add 100g Taleggio if you would like variety) 200g fresh asparagus, diced, cooked and blended to a purée dash lemon juice (optional)

microherbs, to garnish

4 – 6 fior di latte mozzarella balls, torn 2 fresh chillies, sliced (optional)

crimson microherbs, to garnish

HOW TO DO IT

1 Preheat the oven on the grill setting.
2 Parboil your peas, about 10 minutes, before plunging into ice water – this will ensure they keep their colour. Place the peas, 80ml (½ cup) olive oil, salt, pepper, lemon juice and Parmesan in a blender and blitz to a bright green, chunky paste.
3 Drizzle the ciabatta slices with some extra virgin olive oil and grill in the oven until crispy on the outside and soft on the inside. Remove from oven and rub with the garlic cloves.

HOW TO DO IT

- 1 Add the leeks, onions and garlic to a saucepan over low heat and sauté in 100g of the butter until translucent, about 8 minutes. It's a good time to add a pinch of salt and pepper to get your seasoning going.
- 2 Add the rice and toss through the onion mix this is called 'tostatura' or toasting the rice. Add the white wine.
 3 Now, slowly add the stock to the rice, allowing it to absorb each time before adding more, until the stock is finished and the rice starts releasing its starch and becomes a little creamy. Taste to see how far done the rice is when it is just over halfway cooked, add the diced asparagus and allow it to soften and release flavour.
 4 Add the Parmesan and the asparagus

purée. Check the risotto – it should be creamy and fluid, or a little saucy. Each grain of rice should have a bite – it should not be too soft nor too hard. Remove from heat and allow it to rest.

5 Add the remaining 50g butter – this is called 'mantecatura', which means stirring everything together – and season to taste.

If you would like a creamier risotto, add a dash of cream now. It should come together beautifully, but still be a little fluid. If it is stodgy, the rice is slightly overcooked. For extra flavour, add a dash of lemon juice, if desired. Garnish with microherbs and whole asparagus to serve.

Stuffed artichokes Serves 4 (2 artichokes each) EASY 2 hrs

THE FLAVOUR COMBINATIONS

8 whole artichokes, outer leaves peeled off ½ lemon 1/2 onion, peeled and roughly chopped 200g portobello mushrooms 200g porcini mushrooms 50g butter 10ml (2 tsp) extra virgin olive oil + extra, to drizzle salt and freshly ground black pepper, to taste 5ml (1 tsp) black/white truffle oil (white is stronger) 100g ricotta cheese 80g Parmesan, grated + extra, to serve 1/2 onion, peeled and roughly chopped 100ml white wine 300ml fresh cream

microherbs, to garnish

HOW TO DO IT

1 Place the whole, peeled artichokes in a pot of cold water with the lemon half. Bring to a boil and cook, 2 hours. Remove from heat,

take out of the water and allow to cool.

2 Slice the tips of the artichokes off –
this is about one quarter of the full
artichoke – and remove the inner layers.
You must peel away the hard outer
layers, but not all of them – keep some
outer layers intact to be able to stuff
the artichokes. Remove the softer inner





bits until you get to the hearts. If the artichokes are young, there will be no beard or hair; if they are older, remove the hair from the heart only and keep the heart intact.

3 Place the first chopped onion half and all of the mushrooms in a frying pan over low heat and sauté in the butter and

olive oil until softened, 10 – 15 minutes. Season to taste and add the truffle oil. Remove from heat and allow to cool.

- 4 Once cooled, blend the mushroom mixture in a food processor until fine. Mix the ricotta and Parmesan into the mushroom mixture until you have a mousse-like stuffing. Fill each artichoke with this stuffing up to the top of the leaves. Preheat the oven to 180°C.
- 5 Place the remaining chopped onion half in a saucepan, pour over the wine, season to taste and bring to a boil. Once boiling, slowly add the cream. Turn down the heat and reduce the sauce slowly until it coats the back of a spoon, 20 minutes.
- 6 Place the stuffed artichokes on a baking sheet, drizzle with a little olive oil and bake in the oven until heated through. Serve with a sprinkling of Parmesan and the velvety sauce. Garnish with fresh microherbs.

Lamb rack with parsnip mash and rosemary and mustard cream
Serves 4 EASY 30 mins

THE FLAVOUR COMBINATIONS

800g parsnips, peeled 170g butter 15ml (1 tbsp) Dijon mustard 15ml (1 tbsp) wholegrain mustard 2 sprigs fresh rosemary, stems removed 10ml – 15ml (2 tsp – 1 tbsp) cake flour (optional, should you wish to thicken your sauce a little)
350ml fresh cream
12 baby carrots, peeled (the rainbow ones will make this more colourful)
1,5kg rack of lamb, French-trimmed (ask your butcher to do this for you) salt and freshly ground black pepper, to taste
40g good-quality rub (Woolworths does a wonderful barbecue one)

HOW TO DO IT

water until cooked through, about 15 minutes. Remove from heat and drain. 2 Add 100g of the butter to the parsnips and blitz with a hand blender until smooth. Season to taste, if necessary. (For a richer purée, you

1 Boil the parsnips in a pot of salted

- can add 100ml fresh cream, but butter gives it a beautiful smooth consistency.) 3 Heat 30g of the butter in a saucepan over low heat, add both mustards and 1 sprig fresh rosemary and allow to infuse, about 3 minutes. (Now is the time to add the flour if a thicker sauce is desired. If you wish, you can also add a dash of white wine at this stage it allows for more depth of flavour to your sauce.) Slowly add the cream and allow to reduce over very low heat until it coats the back of
- 4 Boil the carrots in a pot of water until firm. Preheat the oven to 180°C.

a spoon, 15 – 20 minutes. Don't let the

sauce boil as this will burn the cream.

- 5 Season the lamb rack well and cover all over with the rub for extra flavour.
- 6 Heat the remaining butter in a frying pan over medium-high heat and allow it to brown so it gets a slightly nutty taste. Add the remaining sprig of rosemary for extra flavour. Brown the lamb rack on all sides until the fat renders a little and gets a beautiful golden colour. Transfer the lamb to an oven pan and bake in the preheated oven until done to your liking, 6 8 minutes for rare, 10 12 minutes for medium, about 15 minutes for well done.
- 7 Serve the lamb with the parsnip purée, baby carrots and the velvety mustard sauce.

COOK'S TIP

If you wish to add more flavour to your carrots, add a little garlic and parsley butter for extra flavour. To make this, blitz together 50g garlic and 50g parsley in a food processor. Add 250g salted butter to the food processor and season with salt and pepper to taste. Mix until combined.

Strawberry and black pepper semifreddo

In Italy, it is a tradition to serve sweet strawberries with a dash of balsamic vinegar. It gives a wonderful sweet and salty sensation – you should try it! This recipe is an innovation from the classic dessert

Makes 2L EASY 20 – 30 mins + overnight, to set

THE FLAVOUR COMBINATIONS

160g strawberries (the sweetest you can find!), hulled and halved + extra, to serve

250g sugar
50ml lemon juice
15ml (1 tbsp)
freshly ground
black pepper +
5ml (1 tsp),
to serve
4 egg yolks
1 large egg
500ml (2 cups)
fresh cream,
whipped to
stiff peaks

handful fresh basil leaves, chopped, to serve star fruit, sliced to garnish

HOW TO DO IT

- 1 Place the strawberries in a frying pan over medium heat. Sprinkle over a handful of the sugar (don't add too much, especially if the strawberries are sweet), add the lemon juice and a dash of water and cook, allowing the mixture to reduce and become syrupy, about 15 minutes. Add the black pepper and remove from heat. Blend the mixture and pass through a sieve to remove all of the seeds. Allow to cool completely. 2 Using a hand blender or electric beaters, cream the egg yolks and egg with the remaining sugar until very pale yellow. Add the cooled strawberry mixture and give it a quick stir. Lastly, add the whipped cream by folding it through the egg and strawberry mixture until well combined. Pour into a container and refrigerate overnight to set.
- 3 Serve scoops of the semifreddo garnished with basil leaves, fresh strawberries, star fruit and a sprinkling of black pepper.







SICILY, THE LARGEST ISLAND IN THE MEDITERRANEAN, IS JUST OFF THE TOE OF ITALY'S BOOT. HAVING BEEN A CROSSROADS OF CULTURES FOR 3 000 YEARS, THE ISLAND BOASTS A DIVERSE, ECLECTIC AND ALLURING OFFERING SEEN IN BOTH ITS ARCHITECTURE AND FOOD. ANTHEA GERRIE TAKES US ON A STROLL THROUGH STUNNING SICILY AND ITS HISTORY, TASTING THE LOCAL DISHES ALONG THE WAY

By ANTHEA GERRIE Recipes and styling by CLAIRE FERRANDI Assisted by NOMVUSELELO MNCUBE Photographs by ANTHEA GERRIE and DYLAN SWART

he Greeks knew a good thing when they saw it. Arriving on Sicily's lush east coast nearly 10 000 years ago, they settled, prospered and colonised most of this fertile island suspended between Europe and Africa.

Their spirit remains alive and well in this exquisite holiday playground. But it's an

island of two halves – the elegant and exuberant east contrasting dramatically with the brooding, mysterious and mountainous west. The latter retains a strong Arab heritage, evident in the markets of Palermo, the capital, where local specialities like panelle (chickpea fritters), not seen in the east, are dispensed. On that side of the island, it's all about the lemons, oranges, almonds, pistachios and olives, which are the heritage of the Greeks and the Romans and Byzantines who succeeded them.

Wherever you travel, the food is a huge draw, thanks to the influences of a myriad invaders, which make for a more exotic cuisine than on the mainland. Indigenous ingredients include capers, which sprout from cracks in every wall, to flavour everything from an olive oil and lemon dressing for swordfish to caponata, a starter of sweet and sour aubergines. Candied fruit is big too, making its appearance in the quintessential island treat, cannoli – crisp pastry shells filled with fruit-flecked ricotta – and cassata ice cream.

A great place to start is Palermo's famous night market, Vucciria; but it's not for the faint-hearted. Octopus fresh off the griddle is one thing, "but you can't leave without trying pani ca meusa," savs Tommasina, one of many locals offering market tours, pointing out a stand devoted to this local speciality a spleen sandwich. Served with typical gruffness in a city whose streets once ran with Mafia blood, it's odd but strangely tolerable, with shavings of strong local caciocavallo cheese as the dominant flavour. No more scary than the lungs and kidnevs grilling on nearby barbecues, and more comfortingly identifiable than the innards sold by a grinning vendor who dispenses 'surprise' packages from a large, brightly coloured swagbag.

The next night, at the elegant Osteria dei Vespri (osteriadeivespri.it), we discover that even Palermo's finest restaurants pack their menus with offal. "It's what we all love," shrugs Alberto Rizzo, who runs this tiny but acclaimed restaurant with his brother, Andrea. A signature dish of beef cheeks braised in Sicily's favourite Nero d'Avola red wine is voluptuous, more approachable than the slightly stinky calf muzzle salad, but in the same Palermo spirit of eating every last bit of the beast.

The east is as famous for its stunning buildings as it is for its luscious produce. There is something wonderful about stumbling upon a ruined Temple of Apollo in the heart of Ortigia's modern shopping district, or enjoying music in a Roman amphitheatre on a hill above trendy Taormina. This beautiful resort, where royalty partied a century ago, makes an excellent base for the east coast, and Mamma Eleonora who presides over Malvasia, a gutsy trattoria off the main piazza, is one of the few truly exuberant spirits on this slightly reserved island.

Taormina is, itself, a game of two halves – the hilltop town with elegant boutiques and lovely churches and the beaches of Mazzarò Bay below. They're connected by a funicular, but guests at the Belmond Grand Hotel Timeo (belmond.com), one of the world's oldest luxury hotels, get shuttle access to Mazzarò's atmospheric Villa Sant'Andrea and its beach restaurant. While the latter is the place for platters of fresh local seafood, the Timeo's kitchen serves timeless Sicilian classics like pasta alla





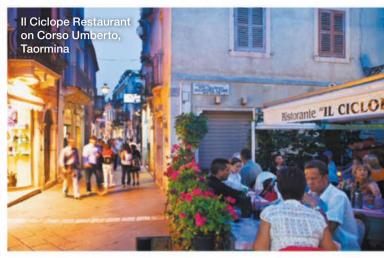












Norma, made with aubergine and aged ricotta. This dish originates in Catania, the nearby commercial hub in the shadow of Mount Etna. This large, handsome town has a fabulous food market housing the must-visit Osteria Antica Marina (anticamarina.it) in its fish section. Though romantic to eat outside and be serenaded by strolling musicians, those with sensitive noses will find it more fragrant to dine indoors. The fishermen calling in from the boats through the evening are testament to the freshness of the catch.

Siracusa, a little further south, can't be missed. Once the world's largest Greek city, it has a superb archaelogical park and an old town, Ortigia, rich in baroque architecture built over ancient classical bones. Perambulate round the rocky coastline to enjoy a sliced cedro - a local citrus served, pith only, with salt - from a stall and admire the seaside papyrus garden. Then proceed to the Porta Marina restaurant (giancarlodimaurosr. wix.com/portamarina) for some of the island's finest seafood, laid out on a slab like crown jewels for diners to select for the pot.

The friendliness of the service is characteristic of the eastern side of the island, which feels so much lighter and sunnier than the brooding west, perhaps because, not being the birthplace of the Mafia, it has refused to be defined by an old-school criminal minority.

Staying over in Ortigia allows an opportunity to catch the changing moods of the magnificent central, elliptical Piazza del Duomo. Noon, when the piazza snoozes, is a good time to explore the cathedral layered atop the columns of a fifth-century temple. The pavement cafés fill up through the afternoon and, by 10pm, the piazza is sizzling like Saturday night. However, soon after midnight, it's somnolent again, like a theatre whose curtain has just come down.

More architectural splendours await to the south, where the town of Noto in Siracusa is considered the most perfectly preserved baroque jewel in the world. Rebuilt following a 1693 earthquake, it was the setting for Michelangelo Antonioni's L'Avventura, and still seems strangely stagey. The route to the historic main street is lined with almond sellers: "I sell both unroasted ones for baking, roasted ones just to enjoy for their own sake," laughed Salvo, from whom I bought my own packet.

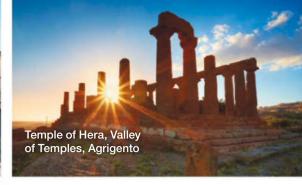
After promenading the stately 17thcentury main drag, we came back to reality with a taste explosion at Caffè Sicilia, a fourth-generation ice-cream parlour going strong since 1892. Inventive flavours smilingly dispensed from the scoop included sour orange with saffron, or basil and black olive. Sweet tooth? Duck down a block to the equally impressive Dolceria Costanzo for almond infused with lemon peel, or chocolate studded with candied orange.

Ragusa Ibla and Scicli are more earthly baroque towns, which, like Noto, have been declared UNESCO World Heritage sites. The caves are a highlight of charming little Scicli, one of which - La Grotta (lagrottascicli.it) - has been turned into a much-loved restaurant where owner, Angelo, serves typically Sicilian dishes like tuna in sweet and sour sauce and 'macco di fave', a calamari dish. Here, I bump into Francesca Forni, the former PR for Venice's legendary Gritti Palace. She confesses Scicli is her secret bolthole: "This place is magic because it combines the beauty of the baroque with the kindness of the locals; I run here every weekend if I can." A fun place to eat in elegant Ragusa Ibla is the Antico Convento dei Cappuccini (anticoconventoibla.it), which has a cooking school that teaches the art of making arancini, Sicily's famous stuffed, breaded and fried risotto balls.

Wonderful though the coastal towns are, Sicily's interior boasts two unmissable sights - the Villa Romana near Piazza Armerina, with its 2 000-year-old mosaics of contemporary-looking young women playing volleyball, and the Valley of the Temples near Agrigento in the southwest. Here, the spectacular Doric ruins place you so firmly in Greece, you have to pinch yourself to remember you're in the loveliest, foodiest corner of Italy.









Sicilian-style orange salad with olives, radishes and fried oregano leaves Serves 4 EASY 15 mins

THE FLAVOUR COMBINATIONS
250ml (1 cup) vegetable oil
small handful fresh oregano sprigs
3 oranges, peeled and sliced
1 fennel bulb, finely sliced
5 radishes, some finely sliced and
some quartered
½ red onion, peeled and finely
sliced
200g black olives
small handful fresh mint leaves

DRESSING

30ml (2 tbsp) extra virgin olive oil juice of ½ orange juice of ½ lemon 5ml (1 tsp) honey

salt and freshly ground black pepper, to taste

HOW TO DO IT

1 In a small saucepan over high heat, heat the vegetable oil until hot (this will take about 5 minutes). Carefully add the oregano to the oil to deep-fry – add these from a distance as the hot oil will splatter when the herbs are added. Fry until the leaves stop bubbling, about 1 minute. Remove with a slotted spoon and drain on paper towel.

- 2 On 4 plates or a large serving platter, arrange the orange slices, fennel slices, radishes, red onion and black olives. Sprinkle over the fried oregano and mint leaves.
- 3 For the dressing, whisk all of the ingredients together in a small bowl. Season to taste and drizzle over the salad just before serving.



Wherever you travel, the food is a huge draw, thanks to a myriad invaders.

1

Sicilian-style pasta with sardines

This dish is adapted from a recipe for pasta all Norma supplied by the Belmond Grand Hotel Timeo. The rich tomato sauce – with the sweetness of raisins and interesting notes from the fennel – works perfectly with the full-flavoured sardines Serves 4 EASY 30 mins

THE FLAVOUR COMBINATIONS

60ml (1/4 tbsp) olive oil 1 onion, peeled and finely chopped 2 garlic cloves, peeled and crushed 100g tomato paste 10g anchovies, chopped 2 x 400g tins chopped tomatoes 2 x 120g tins sardines, drained and rinsed 1 bunch fennel, roughly chopped + extra, to garnish 10g raisins salt and freshly ground black pepper, to taste 100g fresh white breadcrumbs 400g spaghetti, cooked until al dente 50g pine nuts, toasted

HOW TO DO IT

1 Heat 15ml (1 tbsp) of the olive oil in a medium saucepan over low heat. Add the onion and garlic and gently fry, 4 minutes. Add the tomato paste, anchovies and chopped tomatoes and increase the heat to medium. Allow the tomato mixture to simmer gently, 15 minutes.

THE FOODIEST CORNER OF ITALY

- 2 In a separate pan, heat 30ml (2 tbsp) of the olive oil over medium heat. Add the sardines and fry until slightly charred.
- 3 Add the chopped fennel and raisins to the tomato sauce and season well to taste.
- 4 In a frying pan, heat the remaining olive oil over medium-high heat. Fry the breadcrumbs until crispy and golden brown, about 3 minutes. Set aside.
- 5 Toss the spaghetti in the warm tomato and sardine sauce and divide evenly among 4 bowls. Sprinkle each serving with toasted breadcrumbs, pine nuts and freshly chopped fennel. Serve immediately.

Lemon and pistachio Sicilian ricotta cannoli

These flavours are a twist on the classic Sicilian sweet treat, which is even better served with a glass of marsala wine! Serves 8 – 10 A LITTLE EFFORT 40 mins + 30 mins, to chill

THE FLAVOUR COMBINATIONS CANNOLI SHELLS

210g cake flour + extra, to dust 15ml (1 tbsp) castor sugar pinch salt 60g butter, melted 190ml (¾ cup) marsala wine vegetable oil, to fry

RICOTTA FILLING

400g ricotta, drained juice of ½ lemon 60ml (¼ cup) icing sugar 100ml fresh cream

50g pistachio nuts, roughly chopped, to serve icing sugar, to dust

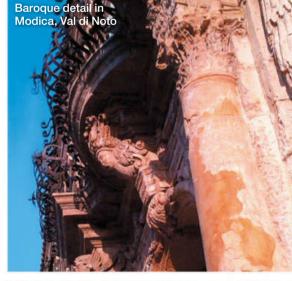
HOW TO DO IT

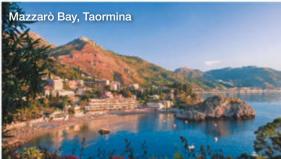
- 1 For the shells, combine the cake flour, castor sugar and salt in a mixing bowl. Add the melted butter and marsala and mix to combine. Knead lightly on a floured surface until well combined, about 2 minutes. Wrap in cling film and refrigerate, 30 minutes.
- 2 Dust a work surface with flour and roll the pastry out to 0,1cm thickness. Cut the pastry into 7cm x 7cm squares and roll each pastry square around a metal cannoli tube or cylinder of 2cm thickness (or use the handle of a metal or wooden spoon). Seal the pastry into a cylinder by pinching it together.

- 3 Heat the oil in a medium saucepan to 180°C. Fry the pastry (with the tube still inside) in batches until golden brown, about 3 minutes. Drain on paper towel and set aside to cool.
- 4 While the pastry cools, make the ricotta filling. Place all of the ingredients in a bowl and beat, using an electric beater, until smooth.
- 5 To assemble the cannoli, place the whipped ricotta in a piping bag fitted with a large plain or star-shaped nozzle. Pipe the mixture into each cannoli. Sprinkle the cannoli with pistachio nuts and add a dusting of icing sugar to serve.









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1st Place - Sol d'Oro International EVOO Competition - 2014
Gran Prestige Gold - Terra Olivo, Israel - 2014
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Nuy Valley: Silver - SA Olive Awards - 2014

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Flavoured Olive Oils Los Angeles EVOO Competition 2015

Best of Show: Lemon

2 x Gold: Lemon & Jalapeño

1 x Silver: Garlic

2 x Bronze: Coriander & Parmesan





THE ENDLESS FEAST

OPA! WE DECIDED TO OPEN OUR CYPRUS FEATURE WITH A BANG AND SHARE A SMALL HANDFUL OF OUTSTANDING TRADITIONAL RECIPES FROM THE 2015 WORLD GOURMAND AWARD WINNER FOR CULINARY TRAVEL, CYPRUS: A CULINARY JOURNEY. AND WE DON'T STOP THERE! READ ON WITH ISHAY GOVENDER-YPMA AS SHE GOES IN SEARCH OF THE DEFINING DISH OF THIS JEWEL OF AN ISLAND...









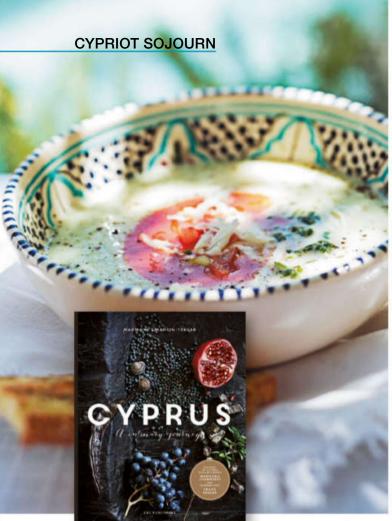














THE FOLLOWING
RECIPES ARE
EXTRACTED
FROM CYPRUS: A
CULINARY JOURNEY

By RITA HENSS Edited by MARIANNE SALENTIN-TRÄGER Recipes by MARILENA JOANNIDES and FRANZ KELLER Photographs by ANIA JAHN and MARKUS BASSLER

Cold cucumber soup with mint

A recipe by Franz Keller SERVES 4

1 cucumber
½ bunch mint
250g buttermilk
500g yoghurt
3 tbsp crème fraîche
pinch of sugar
pinch of salt
freshly ground pepper
8 aromatic cherry tomatoes
1 tsp olive oil

20g pine nuts some slices of white bread 50g grated halloumi

Wash and peel the cucumber, then cut it in half diagonally and remove the seeds. Halve again, then cut horizontally into small pieces. Wash the mint, shake it dry and tear off the leaves. Set aside some of the leaves for garnishing, and finely chop the rest. Purée the buttermilk, yoghurt, crème fraîche, chopped mint and pieces of cucumber, and season with the sugar, salt and pepper. Leave to chill in the fridge for 2 hours.

Score a cross into the tops of the tomatoes and blanch, then remove the skin and seeds. Purée the tomato pulp with the olive oil using a hand blender or food processor. Season with salt and pepper. Dry-fry the pine nuts over a medium heat and toast the bread in a toaster.

Season again with salt and pepper and divide the soup into little bowls. Garnish with tomato purée, chopped mint leaves, pine nuts and halloumi and serve with the toasted bread.

Kaikanata pizza Oven omelette

A recipe by Marilena Joannides
Traditional kaikanas is an egg dish –
usually made with grated halloumi
cheese and dried mint – cooked in the
pan as an omelette or deep-fried. In
the wine-growing regions of Cyprus, it
is usually served with grape syrup. For
a lighter version, we use fewer eggs and
bake the dish in the oven. The result
looks a little like pizza, and we have
christened it 'kaikanata'.
SERVES 4

150g flour
3 organic eggs
a little salt
2 tbsp olive oil
1 onion, finely chopped
oil and flour for the baking tray
200g halloumi, diced
freshly chopped or dried green mint

Preheat the oven to 180 °C. Place the flour, 200ml of water, eggs and salt in a bowl and whisk together. Heat the olive oil in a small frying pan and sauté the onion over a medium heat.

The onion should not be allowed to darken so that it has a lighter taste.

Grease a baking tray or ovenproof dish with oil and dust with flour. Mix the onions into the dough and transfer to the tray. Cover with halloumi and mint. If preferred, you can add fresh asparagus or substitute the halloumi with feta cheese and top the pizza with sweet pepper cut into strips, cherry tomatoes or tomato pieces. Bake in the oven for 20 – 30 minutes.

For a lighter pizza, 2 eggs can be used instead of 3.

Bourgouri me anthous Courgette flowers with bulgur wheat

A recipe by Marilena Joannides
Courgette flowers or anthi stuffed
with bulgur and/or rice is a traditional
delicacy that requires special skills and
time. As nowadays time is a luxury, we
came up with this simple alternative
that is very impressive and at the same
time reminds us of the sun of Cyprus.
SERVES 4

20 courgette flowers
1 large onion
2 tbsp olive oil
½ cup rice
½ cup bulgur wheat
1 heaped tbsp tomato purée white pepper
a little ground cinnamon
a little dried mint
salt

Trim the stalks off the courgette flowers, and remove the small leaves at the stem if preferred. Carefully wash the courgette flowers and leave them to dry.

Peel and finely chop the onion. In a saucepan, briefly sauté the onion in olive oil over a medium heat. Add the rice, bulgur wheat, tomato purée, pepper, cinnamon, mint and 2 cups of water. Season with salt and combine the ingredients well.

Arrange the courgette flowers side by side around the edge of the pan like a sunflower. Weigh them down with a flat plate. Cook over a medium heat for about 10 minutes. Finally, remove the plate and serve.







Summer salad

A recipe by Franz Keller SERVES 4

FOR THE SALAD

1 medium beetroot water for cooking pinch of salt

1/4 head red cabbage

1/2 head white cabbage

1/4 celery

½ cucumber

1/2 Romaine lettuce

8 olives

4 dates

1 medium red onion

1/4 bunch parsley

2 tbsp capers

½ tsp chilli flakes

200g goat's cheese

FOR THE DRESSING

3 tsp honey
5-6 tbsp white wine vinegar
1 clove garlic
5-6 tbsp olive oil
freshly ground pepper
1 tsp ground fennel seeds

SLICES OF BREAD

1 clove garlic

3 tbsp olive oil toasted slices of bread

Wash the beetroot, cover with lightly salted water in a pan and cook for approx. 45 minutes until tender. Leave to cool, then peel and cut into small pieces. Finely slice the red and white cabbage, or shred in a food processor. Remove any stringy bits from the celery, peel the cucumber and remove the seeds. Wash the salad leaves, dry and tear into small pieces. Halve the olives and roughly chop the dates. Peel the red onion. Wash the parsley, shake dry and chop together with the onion. Mix all the ingredients in a bowl, folding in the beetroot with the capers and chilli last of all. Divide up the salad between four bowls, crumble up the goat's cheese and scatter on top.

Put the dressing ingredients in a bowl and mix with a hand blender until you have a homogenous, frothy sauce. Drizzle over the salad before serving.

Peel the garlic, chop finely and mix with the olive oil. Spread over the bread and fry in a pan until golden brown.

Choirino psito me aromatika kai mustarda Herb and mustard roast

A recipe by Marilena Joannides
An old-world recipe for 'Sunday roast'
from the village of Petra in the Solia
region, where all kinds of wild herbs grow
on the mountain slopes. As you prepare
this dish, the kitchen fills up with the
delicious mountain aromas of Cyprus.
SERVES 4

1kg pork (leg or shoulder) juice of ½ bitter orange or lemon salt

1 tbsp medium-strength mustard

½ tsp dried oregano

1/2 tsp dried thyme

1/2 tsp coriander seeds, roughly crushed

125ml white wine

Wash the pork and place in an ovenproof dish with a lid. Pour the bitter orange (or lemon) juice over the meat, season with salt and brush with the mustard. Mix together the oregano, thyme and coriander and rub into the pork. Pour the white wine around the meat. Roast the pork in a fan-assisted

oven at 160 °C (180 °C with upper and lower heat) for about 2 hours, until the meat is golden brown. Serve with potatoes and/or salad.

Pourekia tis anaris Cream cheese parcels

A recipe by Marilena Joannides
A recipe from my mother, that takes me back to my childhood. I can still vividly remember how I used to bask in the sweet aroma of cinnamon and blossom water as I waited full of anticipation for the heavenly filo parcels to come out of the oven.
SERVES 4

500g filo pastry 100g butter

FOR THE FILLING

500g fresh unsalted anari (a Cypriot cheese made from whey)/ricotta 100g almonds 50g sugar 1 tsp ground cinnamon 3 tbsp orange blossom water

FOR THE SYRUP

200g sugar 300ml water 1 cinnamon stick 3 cloves

2 tbsp orange blossom water

First make the syrup. Over a medium heat, boil the sugar, 300ml water, cinnamon, cloves and orange blossom water for 5 minutes, then leave to cool.

For the filling, blanch the almonds in hot water, remove the skins, leave to dry and then coarsely grind. Place the anari or ricotta in a bowl and mash with a fork. Add the almonds, sugar, cinnamon and citrus flower water and combine well.

Melt the butter over a low heat. Brush half of a filo-pastry sheet with butter, then fold it over and brush with butter again. Put 1 tbsp of the filling mixture in the middle, leaving around 4 cm all around. First fold the upper edge over the anari mixture, then fold over the left and right sides. Fold the remaining side over the mixture, so that it is completely covered.

Place the parcels on a buttered baking tray. Brush the pourekia with butter and bake in a fan-assisted oven at 160 °C

(or 180 °C with upper and lower heat) for about 25 minutes. Remove from the oven and sprinkle with the cold syrup. Alternatively, dust with icing sugar and cinnamon.

Poutinga me simigdali Semolina pudding

A recipe by Marilena Joannides
An old recipe of Nicosia, this
extraordinary pudding, both rich
and refreshing, was found in
a manuscript notebook of recipes
of the '50s. For a less sweet effect,
fresh fruit such as strawberries
can replace the traditional spoon
sweets.
SERVES 8

11 milk
180g semolina
200g sugar
peel of 1 untreated orange
4 organic eggs
1 sachet (or 2 heaped tsp) of
vanilla sugar
juice of 1 orange
350g sugar preserved fruit or
'spoon sweets', drained and
chopped into small pieces

FOR DECORATION

200ml fresh cream 50g icing sugar 50g roasted almonds (chopped)

Put the milk, semolina, sugar and orange peel in a saucepan, bring to the boil, and stir continuously until it forms a pudding mixture. Remove the orange peel and set aside to cool.

Beat the eggs with the vanilla sugar thoroughly, then add the orange juice. Stir the mixture into the cooled pudding. Carefully fold in the preserved fruit. Pour the pudding mixture into a baking tin lined with greaseproof paper. As an alternative to the baking tin, you can also use an ovenproof dish and serve the semolina pudding in it later.

Bake for about 40-50 minutes at $160\,^{\circ}\mathrm{C}$ in a fan-assisted oven (or at $180\,^{\circ}\mathrm{C}$ with upper and lower heat) until the semolina pudding is firm. Allow to cool, then turn out on a platter. When cold, beat the cream with the icing sugar and spread it over the pudding. Sprinkle with the roasted almonds and serve.







CYPRUS IS ALL ABOUT SUN-KISSED PRODUCE, GENEROUS LOCALS AND MORE VARIETY THAN ONE CAN IMAGINE

Story and photographs by ISHAY GOVENDER-YPMA

n old woman is sitting hunched outside a small shop in the morning sunshine, knitting. "Kalimera [good morning]," I say. She nods. Next to her, strings of soujoukos – fresh almonds dipped in thickened grape juice – hang like a beaded curtain. In Cyprus, guests are welcomed with these treats and a variety of 'spoon sweets' of jams and marmalades. As our trip unfolds, we come to understand that 'philoxenia', the age-old tradition of hospitality to strangers, is imbued in the land.

We've been driving through the steep and swerving roads of the Troodos Mountains in Western Cyprus. Here,



ramshackle Byzantine churches rest on peaks, valleys dip, carpeted in dense indigenous forests concealing waterfalls and mountain retreats, and where some of the best food in the land is grown and produced. Along with the soujoukos, we buy thick carob syrup, candy and sesame-coated almonds and hazelnuts, dried figs and local rose water.

In the Pitsilia region of the Troodos, we enter the sleepy village of Agros, famous for its delicate pink Damascus roses that bloom briefly in May. At a local rose farm, I sample rose liqueur (not to my liking) and buy sweet syrups, essential oils and hand creams. In 1948, Nicodemos Tsolakis cultivated his own







village of Rizokarpaso (located in the now Turkish-occupied north-eastern peninsula) and guided by the aromas of the land, both in food and traditional perfumes, she's delved into a treasure trove of long-forgotten recipes. "Perhaps because of the soil, the climate and the strong sun, we have local produce with a definitive, bold taste," Marilena explains. "Cypriot cooking methods are simple, we eat a lot of vegetables and the ingredients per recipe are few. And, yet, it's a cuisine full of enticing aromas."

true to form, a troop of bowls arrive in quick succession. When the meat platter piled with sheftalia (sausages cooked in intestine membranes), keftedes (meatballs made with grated potato), and grilled chicken skewers with oregano arrives, we've already had a Greek salad, grilled halloumi, smoked pork, tzatziki, hummus and griddled pita breads. Next up: saganaki (scrambled eggs with peppers and feta), potato croquettes and zucchini with eggs. We raise a white flag in defeat, only because we have an

entire night of feasting ahead.

At Xeniktiko Vasos, a late-night diner run by Vasos and his wife, for the past 33 years, we share bowls of comforting kounoupidi (braised cauliflower with wine) and moujendra (rice and lentils served with thick yoghurt), and crack open Keo beers. Vasos is accustomed to catering for the party crowd who crawl in at 3am. "I only need four or five hours of sleep," he says with a twinkle in his eye.

We end the night with bourekkia – fresh anari cheese pastries at Alasia Café. "Aren't these just the best?" Louisa enthuses. They are.

Before I leave Larnaca, Marilena compiles a list of artisan producers scattered outside Limassol and the seaside town of Paphos on the west coast, as we share a tray of diplopittes pastries she's freshly prepared. It's her grandmother's recipe. The large discs are deep-fried and glisten with honey. The artisans she recommends are renowned for their breads, halloumi cheese and loukoumi (a local version of Turkish delight). "They don't speak much English," she says, "but, just ask someone in the village to help you." She reminds





rose plantations and began producing rose water. Today, his son's family runs the business. The south-facing tumbling slopes of the Troodos are known for the sweet amber-hued Commandaria wine, the oldest named wine still in production, dating back to 800BC.

At its core, the food of Cyprus embodies simplicity. Marilena Joannides, a long-time researcher and promoter of Cypriot cuisine, heritage and culture, recently collaborated on an outstanding cookbook, *Cyprus:* A Culinary Journey with Marianne Salentin-Träger and German chef Franz Keller. Drawing on memories of cooking with her mother and grandmother, Marilena, from the

At a butcher shop and deli in the Troodos, I buy smoked meats like hiromeri (red wine-cured ham), loukaniko (sausages made with red wine and spices – a speciality from this region) and lountza (dried, smoked pork tenderloin). At the start of our journey in Larnaca, the usual entry point for many visitors (the international airport is located here), we enjoy hot pitas stuffed with lountza and halloumi, which, Cyprus Taste Tours (cyprustastetours.com) food guide Louisa Georgiou informs me, is a typical Cypriot breakfast.

Louisa mentions that dinners can comprise anything between 15 to 50 meze dishes. We're sitting at the cosy tavern, To Sieradiko, in Larnaca and,

CYPRIOT SOJOURN

me not to pass up an opportunity for kebabs in pita, anywhere on the island. I happily comply.

In Nicosia, the only divided capital city in the world – with the north occupied by the Turks – we enjoy excellent kleftiko (tender lamb leg baked in a bag) and afelia (pork stewed in coriander and wine) at Shiantris off Ledra Street. It's here that it dawns on me that Cypriot potatoes and tomatoes – ruby, sun-sweet, moreish – could be the very best I've ever eaten. The creamy yoghurt too, usually made from sheep or goat's milk, rivals the finest in Greece.

Roddy Damalis (roddydamalis.com), a South African-born Cypriot restaurateur, chef and television personality based in hip-city Limassol, in the south of the island, is hardly surprised by my discovery. Along with sheftalia and grilled octopus, he recommends that visitors try "goat's milk halloumi cheese, on and off the grill, with a squish of lemon and aromatic village bread."

Roddy's restaurant, Piatakia, running for 14 years now, serves 'little plates' featuring modern interpretations of local classics that include South African influences too. "Cypriot cuisine is about uncomplicated Mediterranean flavours and real ingredients, served with sincere hospitality," he says. It's a theme I find consistent through remote villages and bustling city squares across the island.

For more info, visit cyprus.com.



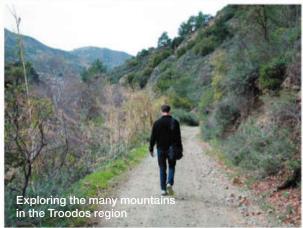
South Africans
require visas to enter
Cyprus. The best time to visit
is between June and October.
Summer is hot and dry with
temperatures reaching
a high of 34°C during
August.













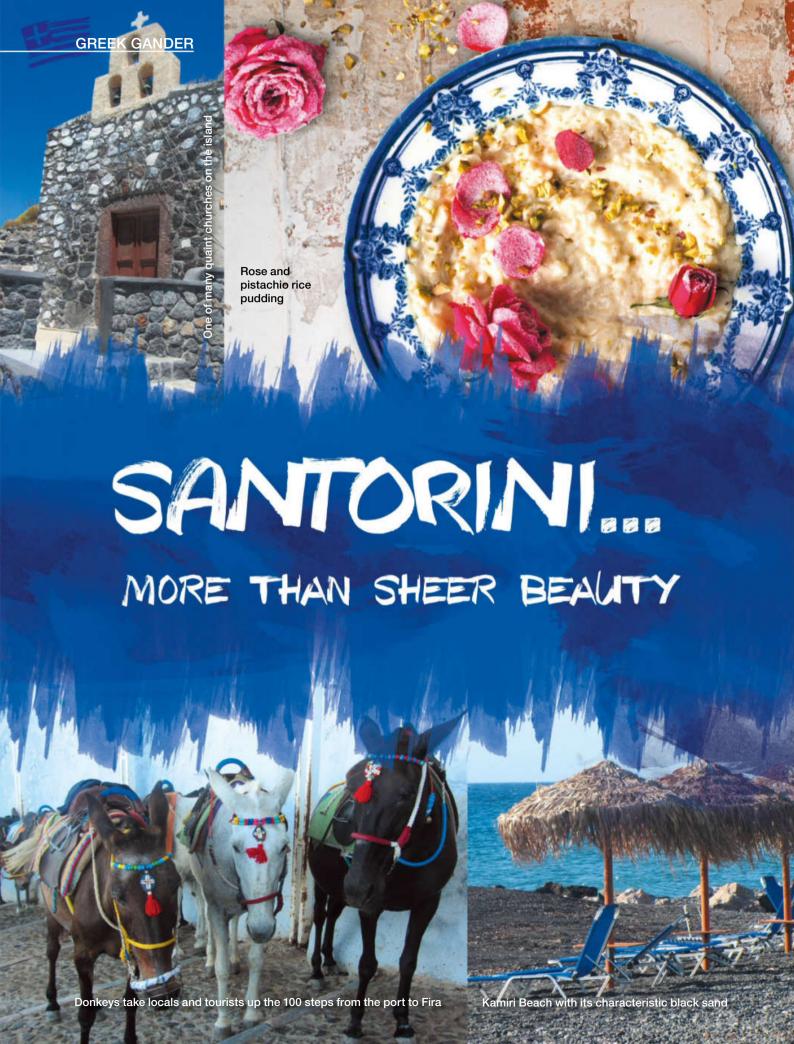
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hen we announced that we were to celebrate a milestone wedding anniversary in Santorini, friends warned us that some Greek wines are best enjoyed diluted with lemonade! A well-travelled and connected epicure, thank goodness, steered us in the direction of a wine farm that, for us, made Santorini come alive with flavour.

This island of lava, known historically as Thera, is the traditional picture postcard of Grecian island splendour. Day visitors arrive on a cruiseliner, some come by ferry or, like us, catch a 45-minute flight from Athens, to stay long enough to enjoy more than her beauty. Traditional blue and white ecclesiastical architecture, whitewashed buildings clinging to sheer cliffs that tail gently off into the Aegean Sea are visually stimulating - but the vineyards are not. Because of the unique ecosystem and climate (volcanic soil, minimal rainfall, fierce winds and hot, dry summers), vines are grown on the ground in a basket style. Here, they are able to absorb

maximum moisture and precipitation with roots extending down past the lava-laden land for up to 20 metres. Harvesting is done by hand and donkey, and most wineries are on the less windy south side of the island.

The easiest way to enjoy the sights of Santorini is by hiring a car or a fattyre quad bike, as the steep cliffs are daunting for even the most seasoned walker. We wisely stayed on the guieter Kamari Beach side of the island, where a long stretch of black-stone beaches have a resounding beauty, a reminder of how volcanic eruptions have made the Santorinians robust and resilient. Walking along the beachfront, we were lured into one of many tavernas with a friendly offer of complimentary wine. Local rosé with dolmades, tomato keftedes (fried tomato balls, Santorini's most famous traditional dish) and tapanaki (fried cheese so named because of the dish it is served in), hit the spot. That evening, Grandma's meatballs, moussaka and a Greek salad to share secured my love affair with all things Greek at Meli & Thymari (melithymari-santorini.com). Homemade bread made of three different flours (white, black and brown) with tzatziki beforehand and ouzo, plus Greek yoghurt to finish, made for a memorable evening watching the locals and tourists wander down the street.

After waking to the sounds of the sea lapping, breakfast (island-style with yummy fresh tomatoes, feta and dolmades) and a brisk seaside walk, we drove off on the right-hand side of the road in search of Hatzidakis Winery (hatzidakiswines.gr/en). Distracted by panoramic views, we ventured up the hill past the prefab shed that is the home of this unpretentious, yet impressive organic winery. Here, we spent an invigorating and informative morning with Kostas Stavrou, their ergonomist. In his dusty kanava (cellar), he shared his passion whilst we tasted their complex and distinctive products. relishing too an animated conversation about foods that do them justice.

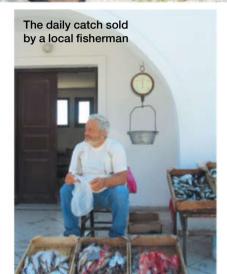
Athens-born, organic engineer, Kostas, believes that he works with God and luck. "On this island, there is not a big difference between organic and other wines, because of minimal chemical usage. The heat and wind help us in crafting our three organic and seven conventional wines. While we are not against innovation, our traditional basket style of growing has been used for the last 3 500 years, promising less damage by wind and insects because the vines are less exposed." After a stimulating morning of discovering the history and heritage of wine in Santorini, Kostas took us to the bigger mountain cellar they are building

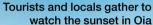
The vineyards of Hatzidakis Winery













nearby, to be able to cope with the burgeoning interest from tourists.

Hatzidakis Winery cultivates 10 hectares of vineyards and produces 100 000 bottles annually. "Our two organic wines represent 30 per cent of the total production and are made from the native Santorini Assyrtiko variety and Aidani variety, which is also a grape of the Cyclades Islands. More than 50 per cent of our wines are exported and this percentage of the organic is more than 60 per cent mainly in UK and USA, but also France, Germany, Australia and Japan," said owner, Haridimos Hatzidakis. He breathed new life into a vineyard that was abandoned after the earthquake in the 1950s, in the village of Pyrgos Kallistis. In 1997, a small cave was transformed into a cellar, with the first wines released in 1999.

After his previous experience at Boutari Winery (the oldest producer of fine wines in Greece) in Crete and in Santorini. Haridimos discovered the unique terroir of the volcanic island and the native varieties. He strongly believed that the combination of those factors, in addition to his faith in organic agriculture and natural vinification

methods, was the way toward highquality wines. "This seems to be true these last years, taking into account the increasing demand of our wines all over the world and here on the island. By expressing nature (through wine) with less influence or intervention by humans and modern human technology, I believe we achieve better results," he told us.

GREEK GANDER

Santorini feels like one large wine farm, with the north-to-south wine road running from the top to the bottom of the island. There are in excess of 10 wine producers to visit, easy to find if you follow their signs (in the absence of road signs). For a whistle-stop tasting of local wines, the wine museum is open daily, as is Santo Wines (santowines.gr/en), a co-op for vine growers, where you can enjoy a selection as well as the stunning views.

In addition to simple, tasty fare and impressive wines, best savoured together, there is much to see and do. Hiking the caldera (volcanic crater) from Fira through the little villages to Oia, is popular. The traditional 'to-do' in Santorini is to watch the sunset from the small town of Oia, which we found too busy. A less-crowded alternative was in the cobbled streets of the capital, Fira, accessed from the port by walking hundreds of steps, taking a demure donkey ride or, for the urgent, the quick funicular.

We watched the sun sink unassumingly into the ocean behind a gently moving Greek flag from a balcony table at the highly acclaimed Assyrtico restaurant (assyrtico-restaurant.com), sipping local wine (crisp and acidic with hints of lemon and lime). A fitting end to an unforgettable Greek odvssev. santorini-islandguide.com/ 10-things-you-must-do; allaboutgreekwine.com/wineries.htm





Firostefani, a village between Fira and Imerovigli, offers the best view on the island



Rose and pistachio rice pudding Serves 4 EASY 30 mins

THE FLAVOUR COMBINATIONS

200g arborio rice 700ml full-cream milk 60g icing sugar pinch salt 250ml (1 cup) fresh cream 100g butter seeds of 1 vanilla pod 5ml (1 tsp) rose water

50g pistachio nuts, finely chopped, to garnish handful roses and rose petals, brushed with egg white and dipped in castor sugar, to garnish

HOW TO DO IT

1 Add all of the ingredients to a medium saucepan over low heat and simmer, stirring occasionally, until the rice is tender and the mixture has thickened, about 30 minutes.

2 Serve in bowls sprinkled with pistachio nuts and garnished with crystallised rose petals.



honey, caperberries

Serves 4 EASY 20 mins

THE FLAVOUR COMBINATIONS

100g cake flour 5ml (1 tsp) smoked paprika salt and freshly ground black pepper, to taste 600g Greek feta 1 egg, beaten with a pinch of salt 50g sesame seeds 50ml olive oil honey, to drizzle

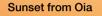
small handful caperberries, to garnish small handful micro basil leaves, to garnish

HOW TO DO IT

1 In a small bowl, combine the flour and smoked paprika and season well. Dip each piece of feta into the flour mixture, then into the egg mixture and then into the sesame seeds.

2 Heat the olive oil in a frying pan over medium heat. Pan-fry each piece of feta until the sesame seeds are golden, about 2 minutes on each side.

3 Serve the feta warm with a drizzle of honey, topped with caperberries and garnished with micro basil leaves.











SPARKLING SPRING



CLASSIC BUBBLY WITH AN ARTISAN SORBET LOLLIE TWIST:

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Recipes and styling by LEILA SAFFARIAN Photographs by GRAEME WYLLIE





Smoky prawns with zesty aioli

Serves 4 EASY 45 mins

THE FLAVOUR COMBINATIONS

60ml (¼ cup) olive oil
15ml (1 tbsp) smoked paprika
3 large garlic cloves, peeled and
roughly chopped
zest and juice of 1 lemon
sea salt and freshly ground black
pepper, to taste
16 large prawns, deveined

AÏOL

250ml (1 cup) good-quality mayonnaise
1 garlic clove, peeled and minced
30ml (2 tbsp) olive oil
zest and juice of ½ lemon
30ml (2 tbsp) fresh flat-leaf parsley, finely chopped + extra, to garnish

chargrilled lemons, to serve

HOW TO DO IT

1 In a large bowl, combine the 60ml (1/4 cup) olive oil, paprika, chopped garlic, and zest and juice of 1 lemon and season well to taste. Add the prawns, toss to coat, cover and refrigerate to marinate, 15 - 20 minutes. 2 Cook the prawns on a hot griddle pan, basting with the marinade as you go. Turn the prawns after 5 minutes and cook until the flesh is cooked through and the shells are pink, 3 - 5 minutes. 3 For the aïoli, combine the mayonnaise, minced garlic, 30ml (2 tbsp) olive oil, zest and juice of ½ lemon and the parsley, and season well to taste. 4 Serve the prawns garnished with parsley and with a side of zesty aïoli and chargrilled lemons for squeezing.

Seafood stew Serves 4 EASY 1 hr



THE FLAVOUR COMBINATIONS

15ml (1 tbsp) olive oil
1 large onion, peeled and chopped
3 garlic cloves, peeled and minced
2 yellow/red peppers, seeded
and chopped
500ml (2 cups) tomato passata
750ml (3 cups) fish stock, hot
pinch saffron (optional)
30ml (2 tbsp) warm water
sea salt and freshly ground black
pepper, to taste
500g selection of local, sustainable
white fish (like angelfish or Cape
yellowtail), cut into chunks
100g frozen peas

fresh flat-leaf parsley, chopped, to serve

HOW TO DO IT

- 1 Heat the olive oil in a large non-stick pot over high heat. Add the onion and fry until golden, 6 8 minutes. Add the garlic and peppers, along with the tomato passata and fish stock and cook, 10 minutes.
- 2 Place the saffron in the warm water and allow to steep, 1 2 minutes, before adding the saffron and water to the sauce. Season well with salt and pepper to taste. Reduce the heat to medium and simmer until the sauce has reduced, about 30 minutes.
- 3 Adjust the seasoning, add the fish and peas and cook until the fish is cooked through, about 10 minutes. Sprinkle with chopped parsley just before serving.





1 cinnamon stick 4 x 140g hake fillets

fresh flat-leaf parsley, chopped, to serve olive oil, to serve lemon wedges, to serve

HOW TO DO IT

1 For the onions, heat the vegetable oil in a large, non-stick frying pan over mediumhigh heat. Add the onions and fry, stirring every few minutes, 12 - 15 minutes. The onions should be golden and crisp (be careful not to burn them). Add the smoked paprika, season to taste and fry for a further 2 minutes. Remove from oil and drain on paper towel. Set aside. 2 For the hake, place the fish stock, carrot, celery, onion, chilli, peppercorns and cinnamon stick in a large saucepan and bring to a boil, 5 minutes. Reduce the heat slightly and gently place the hake fillets in the hot stock. Poach until just cooked, 8 - 10 minutes.

- 3 With a slotted spoon, carefully lift the hake from the stock and place on paper towel. Gently pat dry.
- 4 Serve the poached hake with crispy paprika onions. Sprinkle with chopped parsley, drizzle with olive oil and add a side of lemon wedges for squeezing.

Mussels in a spicy tomato sauce

Serves 4 EASY 45 mins

THE FLAVOUR COMBINATIONS

30ml (2 tbsp) olive oil
1 large onion, peeled and minced
2 garlic cloves, peeled and finely
chopped
2,5ml (½ tsp) dried chilli flakes
10ml (2 tsp) smoked paprika
5ml (1 tsp) ground cumin
1 x 50g tin tomato paste
1 x 400g tin chopped tomatoes
250ml (1 cup) fish stock, hot
125ml (½ cup) white wine
5ml (1 tsp) sugar
sea salt and freshly ground black

pepper, to taste 700g fresh mussels, cleaned

fresh flat-leaf parsley, chopped, to serve crusty bread, to serve

HOW TO DO IT

- 1 Heat the olive oil in a large, nonstick saucepan over high heat. Add the onion, garlic, chilli flakes, paprika and cumin, and fry until golden and fragrant, about 5 minutes.
- 2 Add the tomato paste, tinned tomatoes, fish stock, white wine and sugar and season well to taste. Reduce the heat to medium, cover with a lid and simmer until the sauce has reduced, 25 30 minutes.
- 3 Adjust the seasoning and add the mussels. Cover with a lid and steam until all of the shells have opened (discard any that haven't opened).
- 4 Sprinkle with chopped parsley and serve with warm crusty bread.



Reached take with crispy paprika ervers

- 1 large red/yellow pepper, seeded and chopped
- 10ml (2 tsp) smoked paprika
- 4 red-skinned potatoes, skins on, boiled until tender and chopped sea salt and freshly ground black pepper, to taste

CALAMARI

400g calamari tubes and tenticles, cleaned 30ml (2 tbsp) olive oil juice of ½ lemon





he Sense of Taste Professional Chef School is a private culinary arts institution owned and run by chefs Angie Boyd and Peter Ayub, who have over 40 years of experience between them, having worked in kitchens both locally and internationally.

Sense of Taste offers a one- or twoyear full-time internationally accredited professional chefs' course. With space for only 16 students, the course is very personalised, with great attention to detail and primary focus on each student. The school embodies absolute passion for food and encourages students to allow their creativity to grow and develop, while still conforming to the basics of cooking food correctly. Visit senseoftastechefschool.com: call 021-511-0426 or 082 337 6420 or email debbie@senseoftaste.co.za for more information.



CHEF SCHOOL





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TO ENTER Click on the WIN! tab at foodandhome.co.za and complete the entry form. The winner will be determined by way of a Mystery Basket cook-off. Ten finalists will be chosen from the entries received and will compete in a Mystery Basket cook-off at the Sense of Taste kitchens in Maitland, Cape Town on 14 November 2015. Competition closes on 31 October 2015. The prize cannot be transferred to cash. Transport and accommodation excluded. Not exchangeable. Visit foodandhome.co.za for terms and conditions. foodandhome.co.za october 2015 121



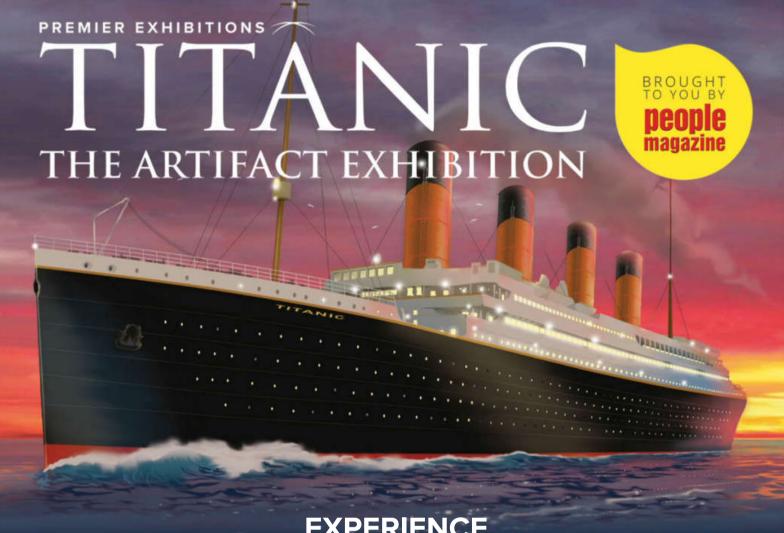
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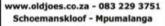
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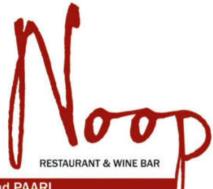
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ALTITUDE BAKING

by 15ml (1 tbsp)

All baking recipes in this magazine have been tested at high altitude. Follow this guide for baking at sea level:

Lower the oven temperature by 10°C For every 5ml (1 tsp) baking powder, increase by 1 – 2ml For every 220g (1 cup) granulated sugar, increase by 15 – 30ml For every 250ml (1 cup) liquid, decrease by 30 – 45ml For every 120g (1 cup) flour, decrease

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EXECUTIVE CHEF CHRIS CHRISTOU OF NERAI IN THE BIG APPLE TALKS ABOUT GROWING UP GREEK IN SOUTH AFRICA AND ASKING GORDON RAMSAY FOR A JOB

I was born in Vereeniging and raised in Witbank. My dad, Costa Christou, had bought a diner called Market Tea Room and, by the time I was 10, I worked the cash register on weekends and after school. As Greeks in a foreign country, this is what we knew how to do best. When I turned 14, my dad brought the first pizza to the town. Every day after school, I had to roll out dough and make pizzas with a red-wine bottle because we had no money for a rolling pin. Growing up in a Greek household, the dishes we ate were strictly Greek cuisine. My mom cooked every night, rotating a selection of traditional dishes. I once mentioned changing up a classic recipe. The response was always the same: "That's not how these dishes are made." After high school, I studied engineering at Pretoria Tech. My dad paid for everything: classes, rent. Guilt-struck by the fourth year, I felt I should support myself. To my naïve self, I thought being alone in the real world would be easy! My first job was at the Lollipop Road House in Pretoria. I was hired as a manager and it was my first introduction to the food world. Time elapsed, and my dad opened a pizzeria at Hartbeespoort Dam. The store right next to his was vacant, so he proposed that I, with him, open a fish-andFishermen's Grill. I had no idea how to set up, run or control a kitchen but, once we opened, I was fully into it. My love of cooking began at this point.

Eight months went by and a lecturer from Prue Leith College came for fish and chips. She said our food was great. After some conversation, I learned about the cooking school. I had no idea it could be a career! The school was unaffordable for me and I dreaded having this conversation with my dad. He, an old-fashioned Greek man, was devastated. His only son wanted to go to cooking school!

After culinary school, I was hired at Cape to Cuba in Kalk Bay. It was a very busy restaurant. When the rush hit, it was adrenaline to the max. Pans and flames everywhere. Four weeks later, I became executive chef.

Life was too easy and I was determined to go to London. I arrived with no plan whatsoever and began knocking on restaurant doors looking for a job. I walked past the Savoy Hotel and, in awe, had to walk in. The desk clerk suggested I call the hotel restaurant on the service phone – the Savoy Grill, Gordon Ramsay and Marcus Wareing's restaurant. Considering this was a world-famous restaurant with one Michelin star, you need an amazing CV just to be considered. At that time, I had no idea what a Michelin star was. I had no

idea who Gordon Ramsay was. "Who the f***? Call back at 3pm, after lunch." I knew, if I left that spot, I would never find it again. I sat outside and waited. At 3:05pm, I called again.

My interview was with the chef de cuisine. He was disinterested in seeing my credentials. He asked, in a New Zealand accent, "Mate, you seen Big Ben yet?" I told him I hadn't, since I was there to work. Sold on my desire to cook, he said, "Get to know your surroundings – you start Monday 7am!" Three years later, I opened Gordon Ramsay's The London in New York as his sous chef.

Since then, I've worked in New York under Thomas Keller at Per Se, at Corton with Paul Liebrandt, as a sous chef with John Fraser at Dovetail and with the opening team at Ai Fiori under Michael White. In 2010, I accepted the job as chef de cuisine at Buddakan, one of the busiest kitchens in Manhattan.

In late 2013, I was approached by the owners of Nerai to be their executive chef and elevate New York's perception of Greek food. Even though my training has been classic to modern French, Greek cuisine has always been sacred to me. At Nerai, we incorporate modern techniques and refined composition to enhance classic Greek recipes.

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chip shop. At 22, I opened my own place -



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